

Fall
2009

Naturally Funtimes



**A Great
Day to Play**
in
the **City of**
Arlington

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Welcome

to the official City of Arlington
Parks and Recreation Guide
where inside you'll discover
all of the naturally fun activities
that your community has to offer.

**So come out and play
in your own backyard!**

OPEN HOUSE

August 18, 6-8pm
at Cliff Nelson, Dottie Lynn,
Elzie Odom and Hugh Smith
Recreation Centers as well as
the Hugh Smith Indoor Pool.
Receive a 10% discount on
class registration and camps
during our open house.

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Build A Dream Scholarship Program

Arlington Parks and Recreation Department's Build A Dream Scholarship Program offers scholarships that can be used to register a child (16 years or younger) for any Arlington Parks Department youth program. Qualification for the scholarship is based upon federal income guidelines. Available to Arlington residents only.

Applications are made at the Parks and Recreation administrative office. Income verification, registration for classes and a \$5 fee will be required at the time of application. Watch the website for the next application date.

Applicants may only apply for one scholarship, either August 17, 2009 or February 16, 2010. Please complete the entire application & Manual Registration Form with your class selections prior to submissions. Incomplete submissions cannot be processed.

INCOME ELIGIBILITY

Household members	Annual Income Less Than
2	\$26,400
3	\$29,700
4	\$33,000
5	\$35,650
6	\$38,300
7	\$40,900
8	\$43,550

FORMS OF DOCUMENTATION ACCEPTED TO VERIFY ANNUAL INCOME:

2008 Federal Income Tax Return, current pay stub or an award letter for governmental assistance. AISD free and reduced lunch letters are not accepted.

The Build A Dream application form and guidelines are available at

www.naturallyfun.org

and your closest recreation center.

For more information or to apply visit the Parks and Recreation administrative office at 717 W. Main St. or call 817-459-5474 for information.

How to Read Class Information:

Sample Class

1 Art Classes

2 Beginning Drawing

3 Drawing begins with using shapes, shading and texture. Come see how!

Age: 6 and up	\$35 / 4 Classes
M Jun 9 5:00pm-6:00pm	DLRC 89183
M Jul 7 5:00pm-6:00pm	DLRC 89184

4 5 6 7 8

1 Section Title

2 Class Title

3 Class Description

4 Day

5 Start Date

6 Class Time

7 Class Location

8 Bar code number used to identify class.

Note:

Classes begin on the start date and meet the same day of the week consecutively for the number of classes indicated.



Registration

Registration

Registration is on a first come, first serve basis. Many classes have limited spaces available. It is to your advantage to register as early as possible.

You may register on-line at www.naturallyfun.org, by phone or in person at the Parks Administrative office or any recreation center.

On-line and phone registrations are payable by credit card only. We take Discover, Visa, Mastercard and American Express. Checks should be made payable to "City of Arlington." A charge will be assessed on all returned checks.

The City of Arlington Parks and Recreation Department occasionally sells advertisements in this publication. Any paid advertisements appearing in this publication do not indicate a connection, endorsement or official sanction by the City of Arlington of any practice, philosophy, standard, position, product or service of the advertisers.

Smile, you may be captured by our camera! The Parks and Recreation Department routinely takes photos and video of participants and visitors in our programs and facilities for promotional purposes. Please be aware that by participating or utilizing our facilities, you are granting the City of Arlington and its agents the right to use and publish your image or your minor child's image, and that no monetary remuneration will be given.

Register for FUN online!

The Arlington Parks and Recreation Department now offers online registration for classes, leagues and special events!

Just visit www.naturallyfun.org to find out more about online registration or call 817-459-5474.



Waiting Lists

When a student is interested in registering for a class that has been filled, his/her name can be placed on a waiting list. This does not guarantee a spot for the student, but individuals will be contacted if a spot becomes available.

Books and Supplies

Books and supplies are not included as part of the class fee unless stated in the class description.

Cancelled Classes

If a class is cancelled, every effort will be made to notify parents/students by telephone prior to the first class meeting.

Facility Cards

Facility Cards are required for participation in all classes and programs at recreation centers. This ID card is issued at the time of purchase and is valid for one year from date of purchase.

	Resident	Non-Resident
Youth (17 & under)	\$12	\$20
Adult (18 – 54)	\$14	\$32
Senior (55 & up)	\$12	\$20

Note: Residency is defined as living within the City of Arlington's incorporated city limits. Proof of residency is required.

Daily/Guest Pass

Residents and non-residents may purchase a Day Pass for \$6. No Facility Card is required with a Day Pass. Valid Picture ID is required.

Satisfaction Guaranteed

We value you as a customer. If you are not happy with the quality of a program, please tell staff immediately so that we have the opportunity to correct the situation.

Special Accommodations

The City of Arlington Parks and Recreation Department welcomes people of all ability levels to participate together in our wide variety of quality recreational opportunities. We comply with the Americans with Disabilities Act in making reasonable accommodations. Participants requesting special accommodations need to complete a Special Accommodations Request Form in addition to the Program Participant Information Sheet. To make a request, contact the Parks and Recreation Administrative Office at 817-459-5474.

Facility Map

Parks and Recreation

1. Administrative Office

717 W. Main St. 76013
 Phone: 817-459-5474
 Fax: 817-459-5495
 M-F 8am-5pm
 Park Pavilion Rentals: 817-459-5473
 Youth Field Rentals: 817-459-5416
 Adult Softball Field Rentals: 817-459-5463

Recreation Facilities

1. Cliff Nelson Recreation Center (CNRC)

4600 W. Bardin Road 76017
 Phone: 817-561-2819
 M-F 6am-9pm, Sat 9am-7pm, Sun 12-6pm

2. Dottie Lynn Recreation Center (DLRC)

3200 Norwood Lane 76013
 Phone: 817-277-5001
 M-F 8am-9pm, Sat 9am-5pm, Sun Closed

3. Elzie Odom Recreation Center (EORC)

1601 NE Green Oaks Blvd. 76006
 Phone: 817-459-6434
 M-F 6am-9pm, Sat 8am-6pm, Sun 12-6pm

4. Hugh Smith Recreation Center (HSRC)

1815 New York Ave. 76010
 Phone: 817-275-1351
 MWF 6:30am-9pm, Tu Th 8am-9pm,
 Sat 9am-6pm, Sun Closed

4. Senior Recreation Center New York (SRCNY)

2015 Craig Hanking Drive 76010
 Phone: 817-460-5009
 M-F 8:30am-4pm, Sat & Sun Closed

5. Meadowbrook Recreation Center (MRC)

1400 Dugan 76010
 Phone: 817-459-5463
 M-F 8am-6pm, Sat 12-5pm, Sun Closed

6. Senior Recreation Center Eunice (SRCE)

1000 Eunice St. 76010
 Phone: 817-277-8091
 M Th F 8:30am-10pm, T W 8:30am-5pm,
 Sat & Sun Closed

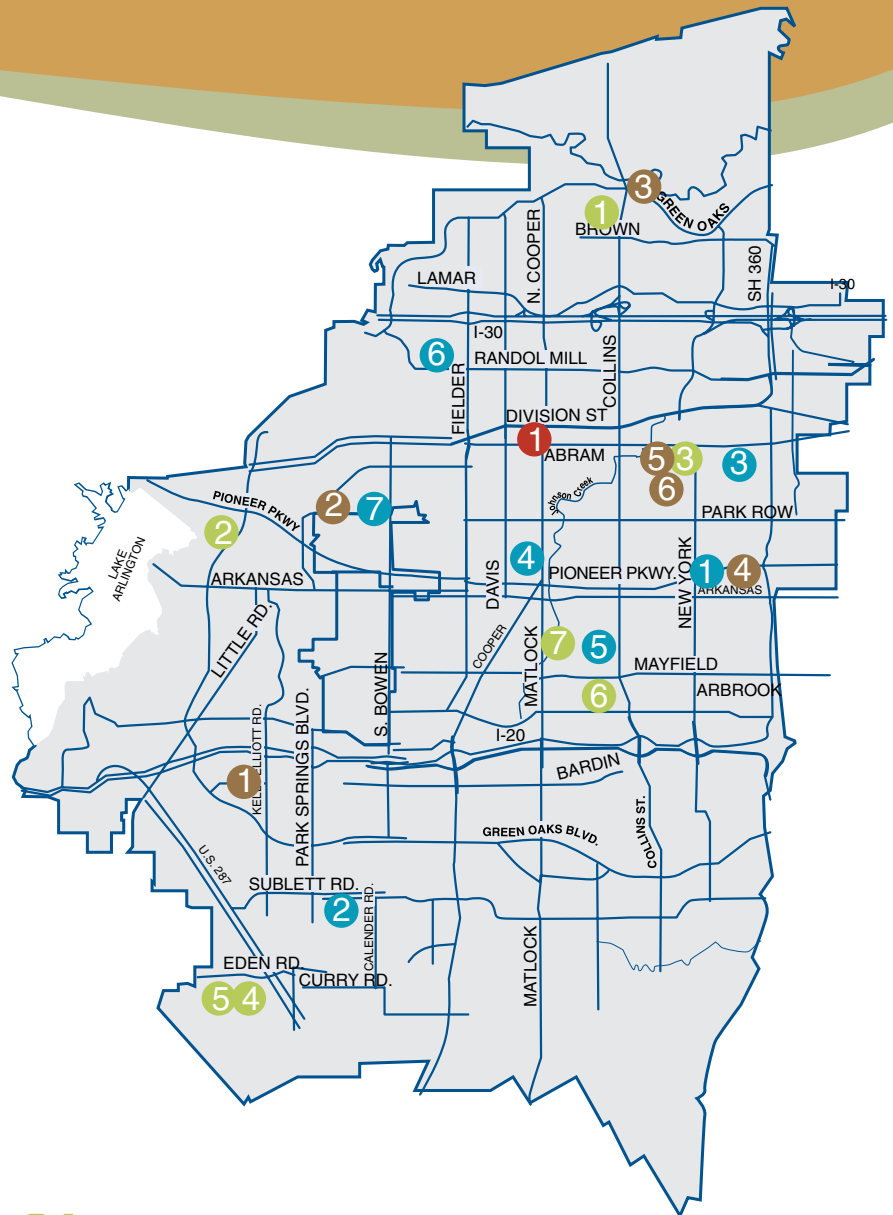
Aquatics

Outdoor Pools: 817-459-5483

1. Hugh Smith Indoor Pool
2. Bad Königshofen Family Aquatic Center
3. Helen Wessler Play Pool
4. Howard Moore Play Pool
5. Allen Bolden Pool
6. Randol Mill Family Aquatic Center
7. Woodland West Pool

Athletics

Adult Sports: 817-459-5463
 Adult Softball Rainout: 817-462-3471
 Youth Sports: 817-459-6434
 Youth Sports Rainout: 817-459-6697



Other

1. Chester W. Ditto Golf Course

801 W. Brown Blvd. 76011
 817-275-5941

2. Lake Arlington Golf Course

1516 W. Green Oaks Blvd. 76013
 817-451-6101

3. Meadowbrook Golf Course

1300 E. Dugan St. 76010
 817-275-0221

4. Tierra Verde Golf Club

7005 Golf Club Drive 76001
 817-478-8500

5. Ventana Grille

7005 Golf Club Drive 76001
 817-548-5047

6. Arlington Tennis Center

500 W. Mayfield Road 76014
 817-459-6163
 Program status (Rain): 817-459-6166
 M-Th 8am-9pm, F 8am-8pm, Sat
 8am-5pm, Sun 12-8pm

7. Bob Duncan Center





2800 S. Center St. 76014
 817-465-6661

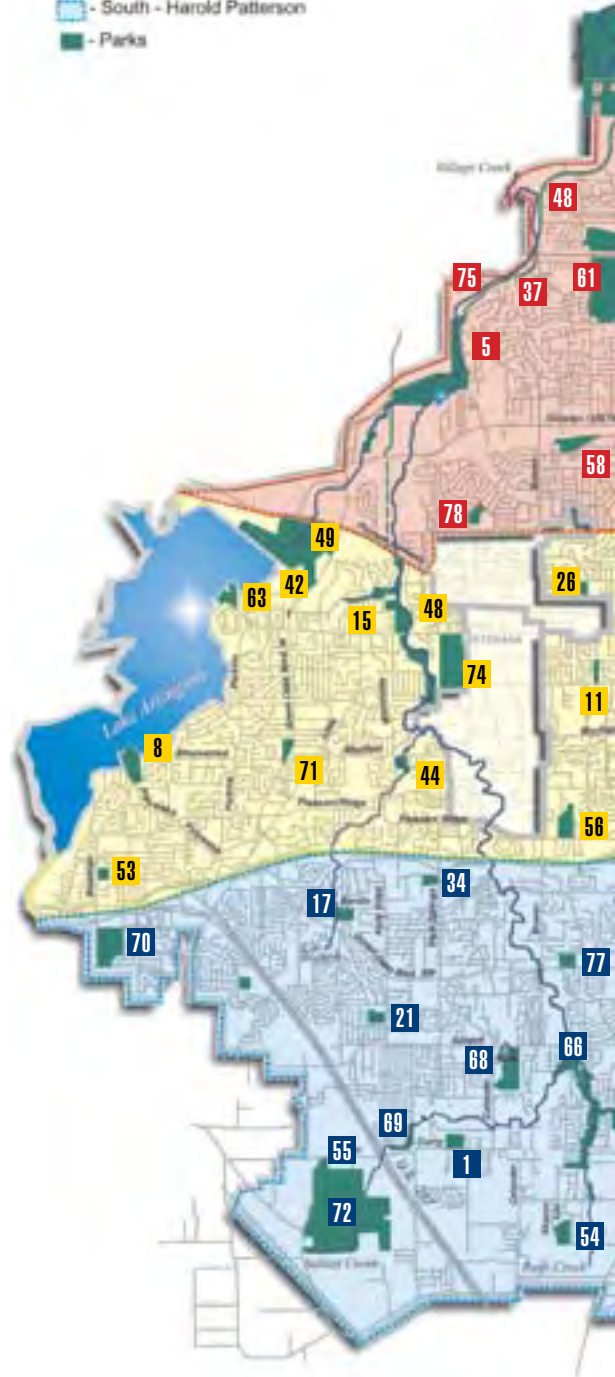
How are we doing?
 Email us your comments, questions or
 concerns at parksdepartment@arlingtontx.gov



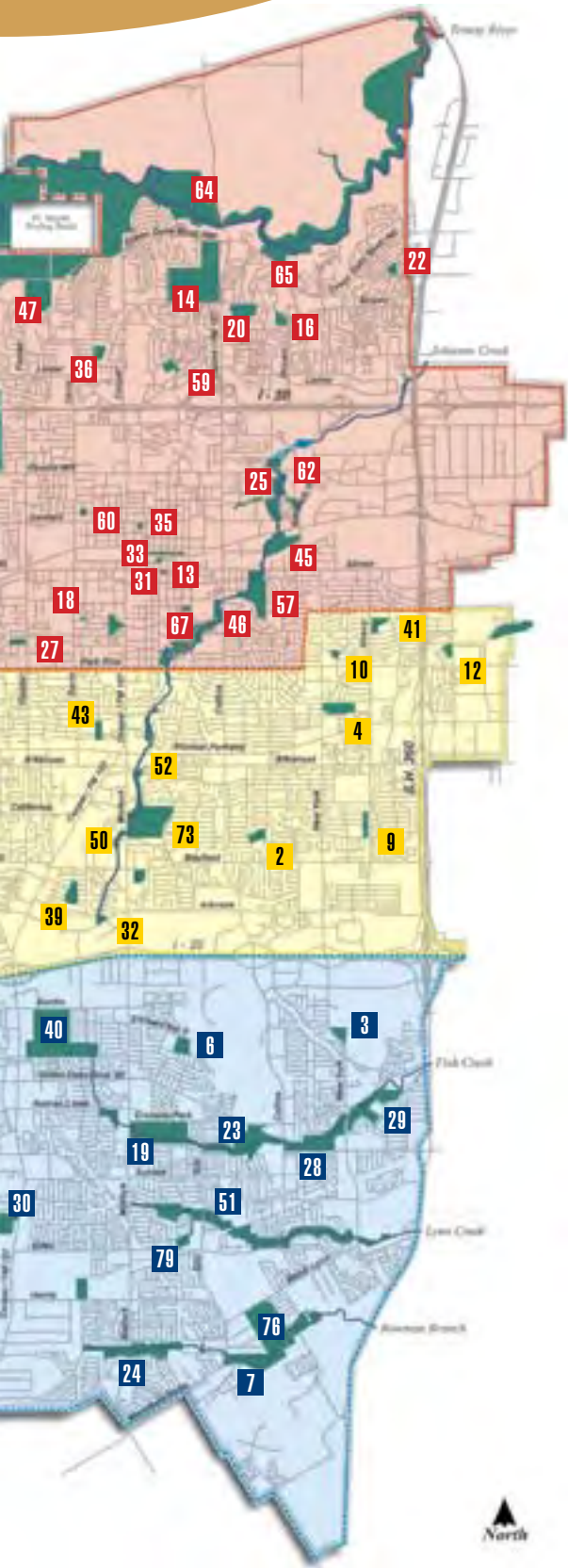
Arlington Parks

		Accessible facilities	Pavilion/Shelter	Picnic Area	Restrooms	Grill	Bike/Hike Trails	Golf Course	Equestrian Trails	Disc Golf	Horseshoes	Playground	Baseball/Softball League Fields	Basketball	Practice Field	Soccer League Fields	Tennis	Volleyball	Natural Area	Fishing	Splash Pad/Pool	Fitness Course
Allan Saxe Park	1																					
3501 Curry Road, 76017																						
B.C. Barnes Park	2																					
3000 Daniel Drive, 76014																						
Blackland Prairie	3																					
4907 New York Ave., 76018																						
Bob Cooke Park	4																					
2025 Craig Hanking Drive, 76010																						
Bob Findlay Linear Park	5																					
900 Findlay Drive, 76012																						
Bob McFarland Park	6																					
410 E. Embercrest Drive, 76018																						
Bowman Branch Linear Park	7																					
South Matlock Road, 76002																						
Bowman Springs Park	8																					
7003 W. Poly Webb Road, 76016																						
Brantley Hinshaw Park	9																					
2121 Overbrook Drive, 76014																						
Burl L. Wilkes Park	10																					
1300 Hillcrest Drive, 76010																						
California Lane Park	11																					
2001 California Lane, 76015																						
Carl Knox, Jr. Park	12																					
1200 Susan Drive, 76010																						
Center Street Trail Connection	13																					
From Randol Mill Rd. to South St.																						
Chester W. Ditto Golf Course	14																					
801 Brown Blvd, 76001																						
Clarence Foster Park	15																					
4400 Woodland Park Blvd., 76013																						
Clarence Thompson Park	16																					
1600 Brown Blvd., 76011																						
Cliff Nelson Park	17																					
4600 W Bardin Road, 76017																						
College Hills Park	18																					
151 University Drive, 76013																						
Cravens Park	19																					
400 Cravens Park Drive, 76002																						
Crystal Canyon Natural Area	20																					
1000 Brown Blvd., 76006																						
Deaver Park	21																					
5800 Kelly Elliott Road, 76017																						
Dixon W. Holman Park	22																					
2409 Burney Place, 76011																						
Dog Park - Tails N Trails	23																					
900 SE Green Oaks Blvd, 76018																						
Don Misenheimer Park	24																					
201 E Lonesome Dove Trail, 76002																						
Dr. Robert Cluck Linear Park	25																					
Randol Mill Rd. to Sanford St.																						
Duncan Robinson Park	26																					
2100 W Tucker Street, 76013																						
Fielder Park	27																					
1100 S Fielder Road, 76013																						
Fish Creek Linear Park	28																					
Including Cravens Park, 76018																						
Fish Creek Neighborhood Park	29																					
2121 Havenwood Drive, 76018																						
F.J. 'Red' Kane Park	30																					
6500 S Cooper Street, 76001																						
Founders Plaza / Levitt Pavilion	31																					
100 W Abram Street, 76010																						
Gateway Park	32																					
815 Warbrook Blvd, 76014																						
Gene Allen Park	33																					
121 W Main Street, 76010																						
Gene Schrickel, Jr. Park	34																					
4500 Park Springs Blvd, 76017																						
George Stevens Park	35																					
400 W Sanford Street, 76012																						
Gibbins Park	36																					
2101 Margaret Drive, 76012																						
Green Oaks Blvd./ Rush-Village Creek Trail Connection	37																					
From center line of I-30 to North end of Bob Findlay Lin. Park																						
Green Oaks Blvd. / Rush-Village Creek Trail Connection	38																					
From River Legacy Parks to center line of I-30																						
H.A.D. Dunsworth Park	39																					
1100 Waverly Drive, 76015																						

 - North - Randol Mill
 - Central - Pierce Burch
 - South - Harold Patterson
 - Parks



Conveniences & Activities



	Accessible facilities	Pavilion/Shelter	Picnic Area	Restrooms	Grill	Bike/Hike Trails	Golf Course	Equestrian Trails	Disc Golf	Horseshoes	Playground	Baseball/Softball League Fields	Basketball	Practice Field	Soccer League Fields	Tennis	Volleyball	Natural Area	Fishing	Splash Pad/Pool	Fitness Course
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Swimming

Welcome to the Learn to Swim Program

The City of Arlington's Learn to Swim program offers prospective swimmers of all ages the opportunity to enjoy swim lessons on weekends and weeknights! Weekend classes are offered Saturdays and Sundays over a period of ten weeks. Weekday lessons are on Monday and Wednesdays or Tuesday and Thursdays and run for five weeks. Our Learn to Swim program includes parent/tot, preschool and Red Cross certified swimming classes. We also offer private lessons for all ages. For more information or to register for the City of Arlington's Learn to Swim program, please call **Hugh Smith Indoor Pool at 817-275-0513.**

Teen Swim Lessons

Designed for teens, 13-17, who have little or no knowledge of swimming or want to improve their swimming strokes.

Prerequisite: None.

Age: 13-17 **\$56 / 10 Classes**
Tu, Th Oct 20 8:00pm-8:40pm HSRC 114373

Level 1 - Water Exploration

Students will be taught beginning skills such as fully submerging face in water and retrieving objects, front and back floats, moving comfortably through water and entering and exiting water independently. Excellent class for those who have had little exposure to the water.

Prerequisite: None.

Age: 6-12 **\$56 / 10 Classes**
Sa Sep 12 9:00am-9:25am HSRC 113615
Sa Sep 12 10:30am-10:55am HSRC 113616
Sa Sep 12 12:00pm-12:25pm HSRC 113617
Sa Sep 12 12:30pm-12:55pm HSRC 113618
Su Sep 13 12:00pm-12:25pm HSRC 113619
Su Sep 13 2:30pm-2:55pm HSRC 113620
M, W Sep 14 8:00pm-8:25pm HSRC 113621
Tu, Th Sep 15 8:00pm-8:25pm HSRC 113622

Mini Session **\$45 / 8 classes**
M, W Nov 23 8:30pm-8:55pm HSRC 113623

Level 2 - Primary Skills

Level 2 gives participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. Participants begin true locomotion skills and continue exploring simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

Prerequisite: Level 1 Completion/Skill Level

Age: 6-12 **\$56 / 10 Classes**
Sa Sep 12 9:45am-10:25am HSRC 113627
Sa Sep 12 10:30am-11:10am HSRC 113628
Sa Sep 12 11:30am-12:10pm HSRC 113629
Su Sep 13 12:00pm-12:40pm HSRC 113630
Su Sep 13 1:15pm-1:55pm HSRC 113631
M, W Sep 14 8:00pm-8:40pm HSRC 113632
M, W Oct 19 8:00pm-8:40pm HSRC 113633

Level 3 - Stroke Readiness

Level 3 teaches the survival float, the elementary backstroke, the front crawl, the scissors kick and the dolphin kick and builds on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool.

Prerequisite: Level 2 Completion/Skill Level

Age: 6-12 **\$56 / 10 Classes**
Sa Sep 12 9:00am-9:40am HSRC 113635
Sa Sep 12 10:00am-10:40am HSRC 113636
Sa Sep 12 11:15am-11:55am HSRC 113637
Su Sep 13 12:30pm-1:10pm HSRC 113638
Su Sep 13 1:30pm-2:10pm HSRC 113639
Tu, Th Sep 15 8:00pm-8:40pm HSRC 113640
Tu, Th Oct 20 8:00pm-8:40pm HSRC 113641

Mini Session **\$45 / 8 Classes**
M, W Nov 23 8:00pm-8:40pm HSRC 113642

Level 4 - Stroke Development

Level 4 develops confidence in the strokes learned thus far and improves other aquatic skills by having participants swim familiar strokes (front crawl, elementary backstroke) for greater distances. Students also continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl, the breaststroke, and turning at a wall are introduced as well.

Prerequisite: Level 3 Completion/Skill Level

Age: 6-12 **\$56 / 10 Classes**
Sa Sep 12 9:00am-9:40am HSRC 113644
Sa Sep 12 10:45am-11:25am HSRC 113645
Sa Sep 12 12:15pm-12:55pm HSRC 113646
Su Sep 13 12:45pm-1:25pm HSRC 113647
M, W Oct 19 8:00pm-8:40pm HSRC 113648

Level 5 - Stroke Refinement

Level 5 refines participants' performance of all the strokes and increases their distances. Flip turns on the front and back are also introduced.

Prerequisite: Level 4 Completion/Skill Level

Age: 6-12 **\$56 / 10 Classes**
Sa Sep 12 9:45am-10:25am HSRC 113653
Su Sep 13 2:15pm-2:55pm HSRC 113654



Learn to Swim



Private Swim Lessons

Indoor Pool

One-on-one instruction provides the fastest progress possible due to the undivided attention of the instructor and individual lessons planned to meet that student's needs.

Age: 1 and up		\$80 / 5 Classes	
Sa	Sep 12	9:30am-9:55am	HSRC 114323
Sa	Sep 12	11:00am-11:25am	HSRC 114324
Sa	Sep 12	12:00pm-12:25pm	HSRC 114325
Sa	Sep 12	12:30pm-12:55pm	HSRC 114326

Starfish

One parent or trusted adult along with the instructor teaches your child fun and fitness while learning water adjustment, games, songs, swimming skills, and safety in and out of the pool. Child must wear swim diaper and bathing suit. Facility card required for child.

Age: 6 mo.-35 mo.		\$56 / 10 Classes	
Sa	Sep 12	10:00am-10:25am	HSRC 113656
Sa	Sep 12	11:30pm-11:55pm	HSRC 113657
Su	Sep 13	1:00pm-1:25pm	HSRC 113658

Tadpole

This class encourages children age three to become comfortable in the water without a parent. Children enhance learning with interactive games and songs. Participants learn to blow bubbles in the water, how to float, and basic arm movement.

Age: 3		\$56 / 10 Classes	
Sa	Sep 12	9:30am-9:55am	HSRC 113662
Su	Sep 13	2:00pm-2:25pm	HSRC 113663
Tu, Th	Oct 20	7:00pm-7:25pm	HSRC 113665

Guppy

This class is designed for the 3 year old preschool swimmer who has had prior experience in the water and can fully submerge and float independently on stomach. This class will focus on teaching your child front glides, propelling through the water with coordinated kicking and arm actions, holding their breath for 5-10 seconds, retrieving objects off the bottom of the pool, and unassisted water entries and exits.

Prerequisite: Successful completion of Tadpole.

Age: 3		\$56 / 10 Classes	
Sa	Sep 12	11:00am-11:25am	HSRC 113573
Su	Sep 13	12:30pm-12:55pm	HSRC 113574



Clownfish

This class is designed for our more timid preschool swimmers (4 & 5 years of age) who have never participated in swim lessons and do not possess a high comfort level in the water. This class focuses on helping your child establish independence in the water while beginning to build a basic foundation for swimming skills. Class size is limited to four students to allow individualized instruction.

Age: 4-5		\$56 / 10 Classes	
Sa	Sep 12	9:00am-9:25am	HSRC 113589
Sa	Sep 12	12:00pm-12:25pm	HSRC 113590
Su	Sep 13	1:30pm-1:55pm	HSRC 113591
Su	Sep 13	2:00pm-2:25pm	HSRC 113594
Tu, Th	Sep 15	7:00pm-7:25pm	HSRC 113595
Tu, Th	Oct 20	7:30pm-7:55pm	HSRC 113596

Dolphin

For the 4-5 year old preschool swimmer who has had prior experience in the water and can fully submerge and float independently on stomach and back. This class focuses on teaching your child front and back glides, propelling through the water with coordinated kicking and arm actions, holding breath for 5-10 seconds, retrieving objects off the bottom of the pool, rhythmic breathing and unassisted water entries and exits.

Prerequisite: Successful completion of Clownfish.

Age: 4-5		\$56 / 10 Classes	
Sa	Sep 12	10:30am-10:55am	HSRC 113603
Sa	Sep 12	11:30am-11:55am	HSRC 113609
Sa	Sep 12	12:30pm-12:55pm	HSRC 113604
Su	Sep 13	12:00pm-12:25pm	HSRC 113605
Su	Sep 13	2:30pm-2:55pm	HSRC 113606
Tu, Th	Sep 15	7:30pm-7:55pm	HSRC 113610

Mini Session		\$45 / 8 classes	
M, W	Nov 23	8:00pm-8:25pm	HSRC 114327

Beginning Swimming – Adult

Beginner level class introduces crawl stroke, gliding, kicks, deep water swimming and survival floating.

Age: 18 and up		\$56 / 10 Classes	
M, W	Sep 14	8:30pm-9:10pm	HSRC 114374

Swimming

Indoor Pool Memberships

Annual Swim Pass

\$90 ages 2-11, \$100 ages 12-54, \$85 ages 55 & up*

Families who purchase three or more annual swim passes receive 20% off. To receive the discount, passes must be purchased in the same transaction.

Swim Punch System

\$20 - 8 punches, \$27 - 12 punches, \$48 - 24 punches

Pool/Weight Room Pass

Single: Monthly \$34, Annual \$200

Additional family members 20% off (Facility Card required)

*Senior rates already discounted, therefore 20% off additional family member does not apply.
Annual swim pass does not include admission to outdoor pools.

Water Aerobics

Aqua Exercise:

Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.

Low Level Aqua Exercise:

Non-swimmers welcome! Includes warm up, aerobics and cool down. Excellent for all skill levels, mild handicaps and weight problems.

Deep Water Aqua Vest Exercise:

Includes deep water warm-up, serious aerobics, walking, jogging and cool down. Moderate to strenuous workout. Flotation belt provided.

Arthritis Aqua Exercise:

Program developed using Arthritis Foundation guidelines designed to maintain and increase joint mobility and reduce pain. You'll enjoy the group camaraderie as you play games and relax in 86 degree water.

\$5 - 1 class, \$30 - 8 classes, \$39 - 12 classes, \$69.60 - 24 classes

\$45 monthly unlimited land and water aerobic membership - see page 22. Facility Card required. Memberships good for one year. Free babysitting available.

All aqua classes accept pre- and postnatal students.

Based on the American College of Obstetrics and Gynecologists guidelines. Inform your instructor at the first class whether you are pre- or postnatal. Physician's consent required.

Have a Splashing Good Time and Rent a Pool for your Next Party!

Hugh Smith Indoor Pool is available to rent for private parties, family gatherings, etc. The availability of rental time depends upon the pool's operating hours. Lifeguards are provided for all rentals. To book the indoor pool, please call 817-275-0513. Rental fee of \$135 includes up to 40 people for two hours. A \$25 fee is added for each additional 40 people. One-hour increments may be added at half the total applicable rental fee. Seven days notice is required to book the indoor pool.

Daily Admission Fees

Free for ages two and under.

\$3 ages 3-11 (Facility Card required)

\$3.50 ages 12 & up (Facility Card required)

\$6 guests (no Facility Card required)

Babysitting Times and Guidelines

Parents cannot leave the facility to run errands.

Parents must be actively participating in a class or the weight room at Hugh Smith while their child is in our care.

Children may not be left for more than one hour at a time.

Childcare providers do not change diapers. Please make sure that your child has a clean diaper before dropping him or her off. If your child needs a diaper changed while you are in fitness class or working out, staff will come and get you to attend to your child.

Please make sure that children are signed in and out of the childcare room.

**M/W/F 8:15-11:30am
M-Th 6-8pm**

Family Night!

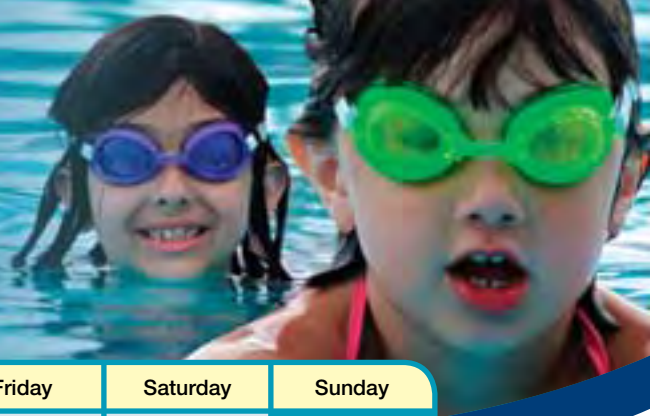
Friday nights at Hugh Smith Indoor Pool are Family Night Swim!

Start your weekend off right by spending a night at the pool with your family! Admission is \$2.50 per person between 6-8pm!

MARS Foundation through Make a Splash Arlington is offering Learn to Swim scholarships for low income families.

For application and more information please visit www.marsswim.org or call at Suzanne 214-793-4773.

Hugh Smith Indoor Pool



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aqua Exercise	Low Impact Aqua Exercise	Aqua Exercise	Low Impact Aqua Exercise	Aqua Exercise	Aqua Exercise	Closed
8:30							
9:00	Aqua Exercise	Arthritis Aqua Exercise & Lap Swim	Aqua Exercise	Arthritis Aqua Exercise & Lap Swim	Aqua Exercise	Swim Lessons	
9:30							
10:00	Open Swim (seniors and adults with preschoolers only)						
10:30							
11:00							
11:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Swim Lessons		
11:45							
12:00							
12:15	Arthritis Aqua Exercise		Arthritis Aqua Exercise	Arthritis Aqua Exercise		Swim Lessons	
12:30							
12:45							
1:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		
1:15							
1:30							
2:00							
2:30							
3:00	Closed					Open Swim	
3:30							
4:00	Swim Team						Open Swim
4:30							
5:00							
5:30							
6:00	Lap Swim	Aqua Exercise & Lap Swim	Lap Swim	Aqua Exercise & Lap Swim	Family Night	Private Rentals	
6:30							
7:00	Aqua Exercise	Deep Water Aqua & Lessons	Aqua Exercise	Deep Water Aqua & Lessons			Private Rentals
7:30							
8:00	Swim Lessons				Private Rentals		
8:30							

Hugh Smith Indoor Pool
1815 New York Ave. **817-275-0513**



www.NaturallyFun.org





Beginning Drawing

Drawing begins with using shapes, shading and texture. Come see how!

Age: 6 and up		\$35 / month		
M	Sep 14	5:00pm-6:00pm	DLRC	115738
M	Oct 5	5:00pm-6:00pm	DLRC	115739
M	Nov 2	5:00pm-6:00pm	DLRC	115744
M	Nov 30	5:00pm-6:00pm	DLRC	115745

Clay Creations

Bring your imagination to life as you sculpt an assortment of animals and people out of clay. We will use modeling clay, play dough, homemade clay and much more. Prepare to get messy in this hands-on experience!

Age: 6-12		\$35 / month		
Tu	Sep 8	6:00pm-6:50pm	DLRC	115797
Tu	Oct 6	6:00pm-6:50pm	DLRC	115801
Tu	Nov 3	6:00pm-6:50pm	DLRC	115802
Tu	Dec 1	6:00pm-6:50pm	DLRC	115803

Drawing and Painting

Children need to be encouraged to draw and to develop color awareness. Opportunities will be provided to allow children to draw from real objects with plenty of guidance. Old clothes and/or smocks are recommended.

Age: 6-12		\$35 / month		
W	Sep 9	5:00pm-6:00pm	CNRC	115598
W	Oct 7	5:00pm-6:00pm	CNRC	115599
W	Nov 4	5:00pm-6:00pm	CNRC	115600

Jewelry Making

Create your own piece of jewelry each class! Participants will work with different types of materials including beads and thread.

Age: 6-12		\$40 / month		
W	Sep 9	5:30pm-6:30pm	DLRC	115820
W	Oct 7	5:30pm-6:30pm	DLRC	115824
W	Nov 4	5:30pm-6:30pm	DLRC	115825
W	Dec 2	5:30pm-6:30pm	DLRC	115826

Krafty Kids

Come join us for creative FUN! Use your hands and imagination to create a variety of messy crafts! Please wear old clothes.

Age: 3-5		\$30 / month		
W	Sep 9	11:00am-11:30am	DLRC	115804
W	Sep 2	6:00pm-6:30pm	HSRC	116473
W	Oct 7	11:00am-11:30am	DLRC	115808
W	Oct 7	6:00pm-6:30pm	HSRC	116474
W	Nov 4	11:00am-11:30am	DLRC	115805
W	Nov 4	6:00pm-6:30pm	HSRC	116475
W	Dec 2	11:00am-11:30am	DLRC	115809
W	Dec 2	6:00pm-6:30pm	HSRC	116476

Messy Marvins

Come enjoy a class where it's okay for everyone to be messy. We will get our hands involved in all types of craft projects. This is a parent participation class. The projects are different from those in Ooey-Gooley Art. Please wear old clothes.

Age: 2-3		\$30 / month		
Tu	Sep 8	10:30am-11:00am	DLRC	115774
M	Sep 14	10:30am-11:00am	EORC	114027
M	Sep 14	6:00pm-6:30pm	HSRC	116477
M	Oct 5	10:30am-11:00am	EORC	114028
M	Oct 5	6:00pm-6:30pm	HSRC	116478
Tu	Oct 6	10:30am-11:00am	DLRC	115778
M	Nov 2	10:30am-11:00am	EORC	114029
M	Nov 2	6:00pm-06:30pm	HSRC	116479
Tu	Nov 3	10:30am-11:00am	DLRC	115779
Tu	Dec 1	10:30am-11:00am	DLRC	115780
M	Dec 7	6:00pm-06:30pm	HSRC	116480



Note: Dates listed are session starting dates.

Drawing for Fun

Learn the basics using shapes, lines, shadows and textures with both pencil and color. Fall dates to be announced.

Age: 6-12		\$30 / 4 Classes	
M	Sep 7	6:10pm-7:00pm	HSRC
M	Oct 5	6:10pm-7:00pm	HSRC
M	Nov 2	6:10pm-7:00pm	HSRC

Ooey-Goey Art

Clay play, finger paints, Plaster of Paris, papier mache and all things ooey and goey. Parents must stay for the fun. Please wear old clothes.

Age: 2-3		\$30 / month	
Sa	Sep 12	9:30am-10:00am	CNRC 115608
M	Sep 14	10:00am-10:30am	DLRC 115723
M	Oct 5	10:00am-10:30am	DLRC 115724
Sa	Oct 10	9:30am-10:00am	CNRC 115609
Sa	Nov 7	9:30am-10:00am	CNRC 115610
M	Nov 30	10:00am-10:30am	DLRC 115725



Young Rembrandts Preschool Drawing Class

Young students are so eager to learn, and a joy to teach. Young Rembrandts instructors provide a nurturing and strong learning environment that expands Pre-schoolers' image vocabulary as they draw familiar images such as fish, teddy bears, rainbows and cowboys. We'll concentrate on the skills of drawing and coloring while we develop fine motor skills, focus, listening, staying on task, patience and spatial organization.

Age: 3-5		\$45 / 4 Classes	
Th	Sep 10	5:15pm-6:00pm	CNRC 117826
Th	Oct 8	5:15pm-6:00pm	CNRC 117827
Th	Nov 5	5:15pm-6:00pm	CNRC 117828

Painting

We will learn about mixing color, brush techniques, composition and much more. It is time to experiment with acrylic and watercolor in fun ways! Old clothes recommended.

Age: 6 and up		\$45 / month	
W	Sep 9	6:30pm-7:30pm	DLRC 115827
M	Sep 14	7:00pm-8:00pm	CNRC 115605
M	Oct 5	7:00pm-8:00pm	CNRC 115606
W	Oct 7	6:30pm-7:30pm	DLRC 115833
M	Nov 2	7:00pm-8:00pm	CNRC 115607
W	Nov 4	6:30pm-7:30pm	DLRC 115828
W	Dec 2	6:30pm-7:30pm	DLRC 115834

Young Rembrandts Cartoon Drawing Class

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

Age: 6-12		\$45 / 4 Classes	
Th	Sep 10	6:00pm-7:00pm	CNRC 117823
Th	Oct 8	6:00pm-7:00pm	CNRC 117824
Th	Nov 5	6:00pm-7:00pm	CNRC 117825

Register online at:



www.NaturallyFun.org



Dance Showcase

Ballet & Tap - Preschool

Learn beginning classical ballet and tap. Class will devote equal time to both styles of dance. Ballet and Tap shoes required.

Age: 3-5		\$30 / Month	
Th	Sep 3	4:00pm-4:50pm	EORC 114118
Sa	Sep 5	10:30am-11:20am	EORC 114121
Th	Sep 10	5:00pm-5:50pm	CNRC 115611
Th	Sep 10	5:00pm-5:50pm	DLRC 115859
Sa	Sep 12	9:00am-9:50am	CNRC 115614
Sa	Sep 12	9:30am-10:20am	DLRC 115850
Sa	Oct 3	10:30am-11:20am	EORC 114122
Th	Oct 8	4:00pm-4:50pm	EORC 114119
Th	Oct 8	5:00pm-5:50pm	CNRC 115612
Th	Oct 8	5:00pm-5:50pm	DLRC 115860
Sa	Oct 10	9:00am-9:50am	CNRC 115615
Sa	Oct 10	9:30am-10:20am	DLRC 115892
Th	Nov 5	4:00pm-4:50pm	EORC 114120
Th	Nov 5	5:00pm-5:50pm	CNRC 115613
Th	Nov 5	5:00pm-5:50pm	DLRC 115861
Sa	Nov 7	10:30am-11:20am	EORC 114123
Sa	Nov 7	9:00am-9:50am	CNRC 115616
Sa	Nov 7	9:30am-10:20am	DLRC 115893
Th	Dec 3	5:00pm-5:50pm	CNRC 117479
Th	Dec 3	5:00pm-5:50pm	DLRC 115862
Sa	Dec 5	9:30am-10:20am	DLRC 115894



Ballet & Tap - Preschool

Intermediate

Improve on beginning skills and learn intermediate forms. Ballet and Tap shoes required.

Age: 4-6		\$30 / Month	
Sa	Sep 12	11:30am-12:20pm	DLRC 115919
Sa	Oct 10	11:30am-12:20pm	DLRC 115923
Sa	Nov 7	11:30am-12:20pm	DLRC 115924
Sa	Dec 5	11:30am-12:20pm	DLRC 115925

Ballet & Tap - Elementary

Learn beginning classical ballet and tap. Class will devote equal time to both styles of dance. Ballet and Tap shoes required.

Age: 6-12		\$30 / Month	
Th	Sep 3	5:00pm-5:50pm	EORC 114124
Sa	Sep 5	1:30pm-2:30pm	EORC 114127
Th	Sep 10	6:00pm-6:50pm	CNRC 115623
Sa	Sep 12	10:00am-10:50am	CNRC 115626
Sa	Sep 12	10:30am-11:20am	DLRC 115907
Th	Oct 1	5:00pm-5:50pm	EORC 114125
Th	Oct 1	6:00pm-6:50pm	CNRC 115624
Sa	Oct 3	1:30pm-2:30pm	EORC 114128
Sa	Oct 10	10:00am-10:50am	CNRC 115627
Sa	Oct 10	10:30am-11:20am	DLRC 115910
Th	Nov 5	5:00pm-5:50pm	EORC 114126
Th	Nov 5	6:00pm-6:50pm	CNRC 115625
Sa	Nov 7	1:30pm-2:30pm	EORC 114129
Sa	Nov 7	10:00am-10:50am	CNRC 115628
Sa	Nov 7	10:30am-11:20am	DLRC 115911
Th	Dec 3	6:00pm-6:50pm	CNRC 117477
Sa	Dec 5	10:30am-11:20am	DLRC 115912

Ballet & Tap - Elementary

Intermediate

Improve on beginning skills and learn intermediate forms. Ballet and Tap shoes required.

Age: 6-12		\$30 / Month	
Sa	Sep 12	12:30pm-1:20pm	DLRC 115938
Sa	Oct 10	12:30pm-1:20pm	DLRC 115942
Sa	Nov 7	12:30pm-1:20pm	DLRC 115943
Sa	Dec 5	12:30pm-1:20pm	DLRC 115944

Classical Ballet - Preschool

Learn grace, coordination, balance and strength while learning ballet positions, jumps and combinations. Ballet shoes required.

Age: 3-5		\$30 / Month	
Th	Sep 10	4:00pm-4:50pm	DLRC 115843
Th	Oct 8	4:00pm-4:50pm	DLRC 115848
Th	Nov 5	4:00pm-4:50pm	DLRC 115844
Th	Dec 3	4:00pm-4:50pm	DLRC 115849

Register online at:



www.NaturallyFun.org

Jazz - Preschool

Age: 3-5			\$30 / Month	
Sa	Sep 5	11:30am-12:20pm	EORC	114133
Sa	Oct 3	11:30am-12:20pm	EORC	114134
Sa	Nov 7	11:30am-12:20pm	EORC	114135

Jazz - Elementary

If you're looking for the class that really moves, here it is! Students will be taught jazz squares, leaps, attitudes and combination steps.

Age: 6-12			\$30 / Month	
Sa	Sep 5	2:30pm-3:20pm	EORC	114130
W	Sep 9	6:00pm-6:50pm	CNRC	116173
Sa	Oct 3	2:30pm-3:20pm	EORC	114131
W	Oct 7	6:00pm-6:50pm	CNRC	116174
W	Nov 4	6:00pm-6:50pm	CNRC	116175
Sa	Nov 7	2:30pm-3:20pm	EORC	114132
W	Dec 2	6:00pm-6:50pm	CNRC	116176

Hip Hop Dance Class

Come have a great time learning Hip Hop dance! This class will teach you all the latest and hottest dance steps. It's a great workout too!

Age: 8-17			\$30 / Month	
Tu	Sep 8	5:00pm-5:50pm	CNRC	115617
Tu	Oct 6	5:00pm-5:50pm	CNRC	115618
Tu	Nov 3	5:00pm-5:50pm	CNRC	115619

Adult Tap

This great class will teach the basics of tap dancing. If you're interested in learning a new dance, or honing old skills while enjoying a fun workout, join us for this class.

Age: 16 and up			\$30 / Month	
Tu	Sep 8	8:00pm-8:50pm	CNRC	115673
Tu	Oct 6	8:00pm-8:50pm	CNRC	115674
Tu	Nov 3	8:00pm-8:50pm	CNRC	115675

Private Lessons

We offer private lessons in a variety of sports, fitness and art activities. Arrange time between instructor and student. Call CNRC, DLRC, HSRC or EORC for more information and pricing.

Country & Western Dance

Learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schothissche, Texas Polka and Line dance. Instructors: Peggy & Chuck Keim.

Fees: \$29/individual or \$55/couple.

Age: 16 and up			6 Classes	
M	Sep 14	8:00pm-9:00pm	CNRC	116177
M	Oct 26	8:00pm-9:00pm	CNRC	116178

Ballroom Dance

Come and join us for a night of social dancing. Learn different forms of dance including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango, Samba, Salsa and Merengue.

Instructors: Peggy & Chuck Keim.

Fees: \$29/individual or \$55/couple.

Beginner

Age: 16 and up			6 Classes	
W	Sep 16	7:00pm-8:00pm	CNRC	116179
W	Oct 28	7:00pm-8:00pm	CNRC	116180

Advanced

Age: 16 and up			6 Classes	
W	Sep 16	8:00pm-9:00pm	CNRC	116181
W	Oct 28	8:00pm-9:00pm	CNRC	116182

Latin and Salsa Dance

You'll have fun, lose weight, gain coordination, meet endless people, gain confidence/grace and experience the cities hottest nightlife while learning a skill that will last you forever. No partner or experience necessary!

Age: 12-60			\$45 / 4 Classes	
F	Oct 9	6:00pm-7:00pm	MRC	115474
Sa	Nov 7	10:00am-11:00am	MRC	118425

Beginning Belly Dancing

Join this 8 week class which concentrates on a specific branch of American Tribal Dance. The class will include technique and an in-depth lesson.

Age: 16 and up			\$40 / 8 Classes	
Tu	Sep 1	7:30pm-8:15pm	EORC	114157
Tu	Nov 3	7:30pm-8:15pm	EORC	114158



Music Classes

Beginning Percussion

Open to students with little or no previous percussion training. Note-reading and basic percussion playing techniques will be taught. Students should bring their own drum sticks to class each week.

Age: 7 and up			\$69 / 6 Classes	
W	Sep 23	7:00pm-7:50pm	EORC	114023
W	Nov 4	7:00pm-7:50pm	EORC	114024



Guitar Level 1

Learn basic guitar chords, strumming techniques, tuning and care of the guitar. Emphasis is on the guitar as accompaniment and will include simple guitar solos. Bring guitar to class.

Age: 8 and up			\$52 / 6 Classes	
T	Sep 8	7:30pm-8:20pm	CNRC	116183
Th	Sep 10	6:00pm-6:50pm	DLRC	115870
W	Sep 23	6:00pm-6:50pm	EORC	114025
T	Oct 20	7:30pm-8:20pm	CNRC	116184
Th	Oct 22	6:00pm-6:50pm	DLRC	115874
W	Nov 4	6:00pm-6:50pm	EORC	114026

Register online at:



www.NaturallyFun.org

Guitar Level 2

Continue to learn guitar chords, strumming techniques, tuning and care of the guitar. Emphasis is on the guitar as accompaniment and will include simple guitar solos. Bring guitar to class.

Age: 8 and up			\$52 / 6 Classes	
Th	Sep 10	7:00pm-7:50pm	DLRC	115875
Th	Oct 22	7:00pm-7:50pm	DLRC	115879



Super Singers

Love to sing? Check out this class where we will learn the Do Re Mi's of music. Learn to vocalize and read music.

Age: 6-12			\$35 / Month	
W	Sep 9	6:00pm-7:00pm	CNRC	116224
W	Oct 7	6:00pm-7:00pm	CNRC	116225
W	Nov 4	6:00pm-7:00pm	CNRC	116226

Beginning Piano Private Lessons

Learn piano basics including form, technique and reading music in a private class that works at the speed and skill level of each individual student. Students learn on a full size, weighted key digital piano.

Classes are held at Dottie Lynn Recreation Center on Friday afternoons and Saturdays from 9am-1pm in 30 minute sessions.

\$52/month. Call 817-277-5001 for more information!

Music, Motion & Movement

Let's get into motion and cause some commotion! Clapping, rolling and dancing to music is a great way to begin developing coordination, rhythm and other fine motor skills. Toddlers love it! It's a great way to start the day. Parent must attend and participate throughout the program.

Age: 3 and under			\$30 / Month	
Tu	Sep 8	9:30am-10:00am	DLRC	115767
Tu	Oct 6	9:30am-10:00am	DLRC	115771
Tu	Nov 3	9:30am-10:00am	DLRC	115772
Tu	Dec 1	9:30am-10:00am	DLRC	115773



Shake, Rattle & Grow

Bring your toddler to this fast movin', music playin', toe tappin' class. Class will concentrate on movement, rhythm and interaction with you and other participants in the class. We will use colors, bubbles, musical instruments and well known upbeat music that will get everyone movin' and grooving. Parents must attend and participate throughout the program.

Age: 1-3			\$27 / Month	
W	Sep 9	10:00am-10:30am	EORC	114031
Th	Sep 10	11:00am-11:30am	DLRC	115839
W	Oct 7	10:00am-10:30am	EORC	114032
Th	Oct 8	11:00am-11:30am	DLRC	115840
W	Nov 4	10:00am-10:30am	EORC	114033
Th	Nov 5	11:00am-11:30am	DLRC	115841
Th	Dec 3	11:00am-11:30am	DLRC	115842

Keyboarding - Level A

Learn beginning skills: notes and their time values, fingering, simple songs, etc. Fee includes piano book. A keyboard or piano for home practice is recommended.

Age: 6-16			\$45 / 4 Classes	
Th	Sep 3	7:10pm-8:00pm	HSRC	116481
Sa	Sep 5	9:10am-10:00am	HSRC	116482
Th	Oct 1	7:10pm-8:00pm	HSRC	116483
Sa	Oct 3	9:10am-10:00am	HSRC	116484
Th	Nov 5	7:10pm-8:00pm	HSRC	116485
Sa	Nov 7	9:10am-10:00am	HSRC	116486
Th	Dec 3	7:10pm-8:00pm	HSRC	116487
Sa	Dec 5	9:10am-10:00am	HSRC	116488



Keyboarding - Level B

Age: 6-16			\$45 / 4 Classes	
Sa	Sep 5	10:10am-11:00am	HSRC	116490
Sa	Oct 3	10:10am-11:00am	HSRC	116491
Sa	Nov 7	10:10am-11:00am	HSRC	116492
Sa	Dec 5	10:10am-11:00am	HSRC	116493

Keyboarding - Level C

Age: 6-16			\$45 / 4 Classes	
Sa	Sep 5	11:10am-12:00pm	HSRC	116495
Sa	Oct 3	11:10am-12:00pm	HSRC	116496
Sa	Nov 7	11:10am-12:00pm	HSRC	116497
Sa	Dec 5	11:10am-12:00pm	HSRC	116498

Fitness Plus Membership

Unlimited Fitness Plus classes and weight room for \$30 a month, \$165 for 6 months or \$300 annually.

Includes indoor track, fitness room skating and rock climbing at EORC.

Cliff Nelson Recreation Center

Age: 14 and up

M	8:15am-9:15am	Senior Cardio
M	9:30am-10:30am	Step Aerobics
M	10:30am-11:30am	Low Impact
M	6:00pm-7:00pm	Step Aerobics
Tu	10:00am-11:00am	Kickboxing
Tu	11:00am-12:00pm	Sculpt & Tone
Tu	6:00pm-7:00pm	Zumba
Tu	6:00pm-7:15pm	Yoga
Tu	7:00pm-8:00pm	Boot Camp
W	8:15am-9:15am	Senior Cardio
W	9:30am-10:30am	Step Aerobics
W	10:30am-11:30am	Low Impact
W	5:30pm-6:30pm	Mat Pilates
W	6:00pm-7:00pm	Step Aerobics
Th	10:00am-11:00am	Kickboxing
Th	11:00am-12:00pm	Sculpt & Tone
Th	6:00pm-7:00pm	Zumba
Th	6:00pm-7:15pm	Yoga
Th	7:00pm-8:00pm	Boot Camp
F	8:15am-9:15am	Senior Cardio
F	9:30am-10:30am	Step Aerobics
F	10:30am-11:30am	Low Impact
F	5:30pm-6:30pm	Mat Pilates

Dottie Lynn Recreation Center

Age: 14 and up

M	7:00am-8:00am	Yoga
M	8:15am-9:15am	Zumba
M	9:30am-10:30am	Piyo
M	6:00pm-7:15pm	Bootcamp
Tu	8:00am-9:00am	Senior Exercise
Tu	9:30am-10:30am	Yoga
Tu	12:00pm-12:30pm	Tai Chi
Tu	5:30pm-6:30pm	Yoga
Tu	6:30pm-7:30pm	Zumba
W	7:00am-8:00am	Yoga
W	8:15am-9:15am	Low Impact Aerobics
W	9:30am-10:30am	Yoga
W	6:00pm-7:15pm	Aerobics
Th	8:00am-9:00am	Senior Exercise
Th	9:30am-10:30am	Yoga
Th	12:00pm-12:30pm	Tai Chi
Th	5:30pm-6:30pm	Mat Pilates
Th	6:00pm-7:30pm	Aerobics
Th	7:30pm-8:30pm	Yoga
F	7:00am-8:00am	Yoga
F	8:15am-9:15am	Zumba
F	9:30am-10:30am	Piyo
Sa	9:30am-10:30am	Aerobics

Elzie Odom Recreation Center

Age: 14 and up

M	6:00am-6:45am	Total Body Conditioning
M	5:45pm-6:30pm	Body "Booty" Camp
M	6:30pm-7:30pm	Step & Body Sculpting
Tu	6:00am-7:15am	Every "Body" Boot Camp
Tu	6:00pm-6:30pm	Strength & Tone
Tu	6:30pm-7:30pm	Instructor's Choice
Tu, Th	7:00pm-9:00pm	Integral Tai Chi
Th	6:00am-7:15am	Every "Body" Boot Camp
W	6:00pm-6:20pm	Core Abs & Legs Cond.
W	6:30pm-7:30pm	Step
W	6:00am-6:50am	Body "Booty" Camp
Th	6:00pm-6:20pm	Abs Attack
Th	6:30pm-7:30pm	Instructor's Choice
Sa	7:30am-8:45am	Every "Body" Boot Camp
Sa	9:00am-10:00am	Step & Conditioning
Sa	10:00am-10:30am	Strength & Tone

Hugh Smith Recreation Center

Age: 14 and up

M	9:30am-10:30am	Step Aerobics
M	10:30am-11:30am	Pilates
W	9:30am-10:30am	Step Aerobics
W	10:30am-11:30am	Pilates
W	7:00pm-8:00pm	Yoga
F	9:30am-10:30am	Step Aerobics
F	10:30am-11:30am	Pilates

Class Descriptions

Boot Camp

Need to get in shape? "Every 'Body' Boot Camp" can help you do that! This class is open to all body types and will help you focus on your personal goals while sharing the experience with others!

Integral Tai Chi

Looking for an exercise class that improves balance, flexibility and strength? Learn the ancient art of Tai Chi and improve yourself both physically and mentally.

Kickboxing

Learn kickboxing basics. This class is a great fitness workout. Classes are non-contact. This class is on-going and you may sign up at any time.

For mature adult fitness classes 63.

Fitness Plus Membership

Fitness Plus Membership

Unlimited Fitness Plus classes and weight room for \$30 a month, \$165 for 6 months or \$300 annually.

Includes indoor track, fitness room skating and rock climbing at EORC.

Mat Pilates

Mat Pilates is a great exercise to tone your body and to improve your flexibility using the mind-body connection. Pilates works on the core muscle groups to give your body better control. Breathing techniques and body awareness will also be emphasized.

PIYo

PIYo is a fusion style, flexibility work-out combining Pilates, Yoga, dance and strength.

Sculpting & Toning

This overall body conditioning class is designed to increase strength and sculpt and tone all major muscle groups. Participants will learn proper form with use of free weights, body weight and band exercises.

Senior Cardio

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of this class.

Senior Exercise

This group exercise class for seniors includes flexibility, balance and strength training done to big band and swing music. Participants learn proper technique in use of free weights, bands and tubes.

Tai Chi

Looking for an exercise class that improves balance, flexibility and strength? Learn the ancient art of Tai chi and improve yourself both physically and mentally.

Yoga

Yoga is a complete toning of the whole body. You can benefit from yoga exercises, breathing techniques and relaxation positions. Yoga releases stress from the body while improving muscular endurance, increasing flexibility and reducing cholesterol.

Zumba

A blend of Latin Rhythms and easy to follow dance moves. This low impact class features routines with interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Fitness Rooms Memberships (Facility Card required for all fitness room passes)

Join our state-of-the-art fitness/weight room featuring a complete line of Nautilus strength equipment and a variety of cardiovascular machines (treadmills, stair climbers, ellipticals and bikes). Gyms open for free play with membership (subject to availability). Child care is available.

Cliff Nelson, Dottie Lynn, Hugh Smith, Meadowbrook

Age: 14 and up

Daily with Facility Card.....	\$3
Daily without Facility Card.....	\$6
Monthly.....	\$15
Annual.....	\$150
Senior Monthly.....	\$12
Senior 6-Month.....	\$60
Senior Annual.....	\$120

Child Care & Babysitting: Ages 3 months and up

CNRC		DLRC	
M, W, F	8:30am-11:30am	M, W, F	8:30am-10:30am
Tu, Th	8:30am-10:30am	Tu, Th	5:30pm-7:30pm
M-Th	5:30pm-7:30pm	M, W	6:30pm-8:00pm

HSRC: M, W, F 8:30am-11:30am; M-Th 6:00pm-8:00pm;
T-Th 11:00am-12:00pm

Elzie Odom Recreation Center

Age: 14 and up

Daily with Facility Card.....	\$3
Daily without Facility Card.....	\$6
Monthly.....	\$20
6-Month.....	\$100
Annual.....	\$200
Additional Family Members.....	*20% off
Basketball / Track.....	\$10 / month or \$100 / year
Senior Monthly.....	\$12
Senior 6-Month.....	\$60
Senior Annual.....	\$120

Child Care & Babysitting: Ages 2 and up

M-Th	6:00pm - 9:00pm	EORC
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Additional family members receive a 20% discount off any annual fitness membership when purchased at the same time.

Fitness Classes

Ask the Trainer

All Fitness Room members are invited to join one of our personal trainers for another Ask the Trainer evening. A personal trainer will be on hand to refresh your memory on how to use the fitness room equipment and answer any questions you might have. No registration is required. Participants must have a current Facility Card and fitness room membership.

Ages: 14 and up

Free

Sa	Aug 1	11:00am-12:00pm	HSRC
Sa	Aug 29	11:00am-12:00pm	HSRC
Sa	Sep 26	11:00am-12:00pm	DLRC
Sa	Oct 3	11:00am-12:00pm	HSRC
Sa	Nov 7	11:00am-12:00pm	HSRC
Sa	Nov 21	11:00am-12:00pm	DLRC



Personal Trainer

Certified personal trainers are available for one-on-one instruction for all ages and skill levels. Arrange times between the instructor and student. Call the center where you wish to participate. Facility Card and Fitness Room Membership required.

One person, one session.....	\$40
One person, five sessions.....	\$175
Two people, one session.....	\$65
Two people, five sessions.....	\$280

For more fitness classes see the Mature Adult section on page 57.

Stroller Strides

Get fit and healthy with the nation's premiere prenatal postpartum fitness class for moms. Any level exerciser is guaranteed to get a great workout. Join us in the hour long class that combines power-walking with strength training, core work, and stretching, all while your baby has fun in the stroller. The babies are entertained during class through songs and games.

Classes are held at River Legacy Park, Veterans Park, Stovall Park and Cliff Nelson Park. For more information or to register, contact Maggie Grayson at 800-964-1676 or maggielgrayson@strollerstrides.net or visit www.strollerstrides.com

Pregnant moms and new moms (6 weeks postpartum or more) are always welcome!

Zumba Specialty

Contract Program Taught by Carla Riffel

\$50 / 10 Classes

Tu, Th	11:00am-12:00pm	HSRC
M	7:30pm	EORC
F	6:00pm	EORC

SRCE Weight Room Memberships and Hours

Monthly.....	\$12
Annual.....	\$120
Monthly Matinee hour special Mon-Fri, 1-3pm only.....	\$8
Day passes available.	

SRCE

M, Th, F	8:30am-10:00pm
Tu, W	8:30am-5:00pm

SRCNY (HSRC)

M-F	8:30am-9:00pm
Sa	9:00am-6:00pm

Land & Water Fitness Membership

Unlimited land and water fitness membership includes yoga, aerobics, water aerobics (at Hugh Smith Indoor Pool) and fitness room. Ages 14 and up, \$45 / month.

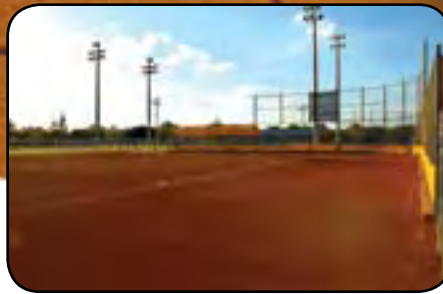
Adult Softball Field Rentals

Need a great location for your big family get-together?

Is your team ready to take on the world, or at least anyone in the Metroplex?

Tired of listening to the tall tales from co-workers about their weekend games?

Rent out a softball field complex for a gathering, tournament or corporate event!



Rental Fees (lights are additional): Saturday rate \$350 (8:00 am – 8:00 pm) field prep included. Lights \$75 (per hour per field).

Deposits: Complex Rental \$100 per event.

Rental groups may seek permit approval for alcohol at least 30 days in advance of the event.

No pets are allowed inside the softball complex or on the athletic fields – City Ordinance # 5.05 (A) (5).

Call 817-459-5463 to set up a reservation today!



Adult Sports Leagues



Basketball

The City of Arlington offers adult basketball during the winter, spring, summer and fall seasons. The 8-game leagues are played at Elzie Odom Recreation Center in north Arlington or at Meadowbrook Recreation Center in central Arlington. League play includes Men's Competitive, Men's Recreational and Women's divisions.



Volleyball

The City of Arlington sponsored adult volleyball program offers women's and coed leagues. Women's leagues are offered on Monday and Tuesday. Coed leagues are offered on Thursday nights and Sunday afternoons. Leagues are offered during the winter, spring, summer and fall seasons.



Flag Football

The City of Arlington's Men's Adult Flag Football leagues are offered during the spring, summer, fall and winter seasons. Games are played at Harold Patterson Sports Complex in south Arlington on Sunday afternoons or Monday evenings.



Inline Hockey

The City of Arlington offers Adult Inline Hockey Leagues for Men ages 18 & up. Each season consists of 8 games plus playoffs. All teams must provide their own uniforms and game equipment (H.E.C.C. Certified Helmet, Hockey Gloves, Skates and Shin Pads). Leagues will follow the rules and regulations set by the City of Arlington Parks and Recreation Department and USA Hockey.

For more information contact us at 817-459-5463



Adult Softball Program

Harold Patterson Sports Center ASA Leagues

Located in South Arlington off I-20 and Bardin Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.

Randol Mill Park USSSA Leagues

Located in north Arlington off I-30 and Randol Mill Road. Leagues are offered in the winter, spring, summer and fall each year. Leagues consist of eight games per season.

**Wondering if your scheduled league game is rained out?
Call our adult rainout line at 817-462-3471.**

Spotlight on Sports



Spotlight Coach Coach Larry Swinea

Coach Larry Swinea is great at keeping his teams and parents motivated. He has coached soccer and t-ball for the Arlington Parks and Recreation Department for several years. Currently he is enjoying coaching his son and other players in the city's t-ball league.

Coach Swinea recognizes the importance of keeping parents in the loop and involved with the team. He believes it makes the season more enjoyable when everyone is participating and having a good time. After all, most of the leagues have participants that are ages 3-5. Needless to say, at this age, FUN is the most important rule.

The reason for Arlington's Youth Leagues is to promote "FUN" in sports while teaching youth positive behaviors that will last a lifetime. It's great to have a coach that is committed to teaching our youth at an early age lifelong skills like teamwork. The "Playing Is Winning" philosophy of Arlington Parks & Recreation Athletic Division continues to be illustrated year after year by Swinea. Thanks Coach Swinea!!

Spotlight Team "Muckdogs"

About six years ago a group of young boys began playing t-ball together. The boys team's name was The Muckdogs.

A group of fathers of those young boys became friends and after watching how much fun their sons were having, decided to form their own team with the city's softball league. In honor of their boys, they took on the same name with our men's team and co-ed team.

Six years later, the team is still mostly dad's of junior Muckdogs and a lot of the boys from the original Muckdogs still play together as well.



Top row L-R: Michael Parks, Billy Franklin, Greg Tooloose, Matt ,Milliorn and Jim Koehler
Bottom row L-R: Trent Bickford, Steven Cashion, Greg Carruthers, Lester Williams and Butch Stark.



Youth Sports Leagues



For more information on Youth Leagues call 817-459-6434
or visit us on the web at www.sportstandings.com/arlingtonyouth.

Fall 2009 Youth Leagues

Youth Basketball

Registration: October 1 - 31
Season Begins: November 21
Game Location: Elzie Odom Recreation Center

Ages: 3-12 **\$65 / 8 games**
Competitive and Recreational Leagues

Cheerleading

Registration: October 1 - 31
Season Begins: November 21
Game Location: Elzie Odom Recreation Center

Ages: 6-12 **\$80 / 8 games**
Bar Code Number: 105535

Indoor Soccer

Registration: November 1 - 30
Season Begins: January 9, 2010
Game Location: Elzie Odom Recreation Center

Ages: 3-12 **\$65 / 8 games**
Bar Code Number: 105529



Outdoor Soccer

Registration: August 1 - 31
Season Begins: September 26
Game Location: Varies

Ages: 3-12 **\$65 / 8 games**
Bar Code Number: 105535

T-Ball

Registration: August 1 - 31
Season Begins: September 26
Game Location: Harold Patterson Sports Center

Ages: 3-6 **\$70 / 8 games**
Bar Code Number: 105530

Coach Pitch Baseball

Registration: August 1 - 31
Season Begins: September 26
Game Location: Harold Patterson Sports Center

Ages: 7-8 **\$70 / 8 games**
Bar Code Number: 105530

Youth Volleyball Leagues

Registration: September 1 - 30
Season Begins: October 17
Game Location: Elzie Odom Recreation Center

Ages: 9-12 **\$65 / 8 matches**
Bar Code Number: 117973

**All coaches meetings
will be held at Meadowbrook
Recreation Center!**

Steps to become a youth sports coach!

- Contact Athletics Staff at 817-459-6434
- Pick a sport you love
- Fill out an application
(background checks are completed on all applicants)
- Submit a copy of your driver's license

**Wondering if your scheduled
league game is rained out?
Call our youth rainout line at
817-459-6697.**

Youth Sports Clinics



Soccer - Ball Control

Players will learn to control the ball with both feet and move about the field comfortably. Focus will be placed on dribbling, receiving and trapping the ball.

Age: 5-12 **\$15 / 1 Class**
Sa Sept. 19 9:00am-10:00am EORC 111125

Soccer - Offense/Defense

Players will focus on defensive techniques such as man-to-man, zone, combination coverage, team passing and receiving. Players will focus on teamwork and strategies.

Age: 5-12 **\$15 / 1 Class**
Sa Sept. 19 10:00am-11:00am EORC 111129

Volleyball Skills Clinic

Learn how to play organized volleyball and improve your skills. This class emphasizes the fundamentals of passing, setting, hitting, serving, blocking, rules, protocols, offense/defense, set calling, and teamwork.

Age: 8-12 **\$15 / 1 Class**
Sa Sept. 19 10:00am-11:00am EORC 115524

T-Ball - Coach/Pitch

Clinic will focus on t-ball and coach pitch skills such as fielding, batting and proper throwing techniques. Participants should bring a glove and bat; all other equipment will be provided.

Age: 5-8 **\$15 / 1 Class**
Sa Sept. 19 9:00am-10:00am EORC 111132

Basketball Skills Drills & Technique

This basketball clinic will focus on basketball skills in the areas of shooting, passing, ball-handling, rebounding, defense, conditioning and a whole lot more. During the clinic you will be able to focus on developing your individual skills in these areas.

Age: 6-12 **\$15 / 1 Class**
Sa Nov. 14 9:00am-10:00am EORC 111135

Basketball Skills Offense/Defense

This basketball clinic will teach basic offensive and defensive strategies. The clinic will focus on teaching the techniques of the man-to-man defense and various zone defenses. The clinic will also teach offensive tactics such as setting screens and the "pick and roll".

Age: 6-12 **\$15 / 1 Class**
Sa Nov. 14 10:00am-11:00am EORC 111137



Youth Sports League Information

- Facility Cards are required for all youth league registrations. Cards for league participants can be purchased at any recreation center for \$12 and are good for one year.
- Practices are determined by volunteer coaches and parents. Practices are usually held on a weeknight after 5 pm.
- We try to honor requests when forming teams, otherwise we group teams by zip codes and schools.
- All teams have volunteer coaches, call 817-459-6434 if you are interested in coaching.

All Youth Leagues Include:

Eight Game Season • League Shirts
Individual Awards • Certified Officials

For more information on Youth Leagues call 817-459-6434.



Archery

Archery is a self-challenging and rewarding activity, blending physical and mental resources. Students learn they must overcome distractions and have a plan of action. Archery teaches fundamental relaxation techniques in that the archer must be focused on the immediate moment.

Age: 8 and up		\$50 / 4 Classes	
Sa	Sep 12	1:00pm-2:00pm	EORC 114039
Sa	Oct 10	1:00pm-2:00pm	EORC 114040
Sa	Nov 7	1:00pm-2:00pm	EORC 114041

Little Bitty Basketball

This class is designed to get your child into the game of basketball at an early age. Your child will learn basketball basics with a smaller ball and lowered hoops.

Age: 3-4		\$35 / 11 Classes	
Tu	Oct 6	5:00pm-6:00pm	MRC 115523
W	Oct 7	6:00pm-7:00pm	MRC 118423
Sa	Oct 10	10:00am-11:00am	MRC 118424

Football

Down, set, hut hut! Want to learn the basics of football? Catching, receiving, punting and more. This is a non-contact class.

Age: 6-12		\$35 / Month	
Th	Sep 10	5:00pm-5:50pm	CNRC 116228
Th	Oct 1	5:00pm-5:50pm	CNRC 116229
Th	Nov 5	5:00pm-5:50pm	CNRC 116230



Basketball

Participants will concentrate on the basics of the game. Learning passing, shooting, defense/offense drills and rebounding. Classes help children develop teamwork and listening skills.

Age: 3-4		\$30 / Month	
Tu	Sep 8	4:15pm-5:00pm	EORC 114068
Tu	Sep 8	5:00pm-5:45pm	CNRC 116239
M	Sep 14	4:45pm-5:30pm	DLRC 115726
M	Oct 5	4:45pm-5:30pm	DLRC 115727
Tu	Oct 6	4:15pm-5:00pm	EORC 114069
Tu	Oct 6	5:00pm-5:45pm	CNRC 116240
M	Nov 2	4:45pm-5:30pm	DLRC 115728
Tu	Nov 3	4:15pm-5:00pm	EORC 114070
Tu	Nov 3	5:00pm-5:45pm	CNRC 116241
M	Nov 30	4:45pm-5:30pm	DLRC 115729
Tu	Dec 1	5:00pm-5:45pm	CNRC 117480

Age: 4-6		\$30 / Month	
M	Sep 14	5:15pm-6:00pm	HSRC 111973
M	Oct 5	5:15pm-6:00pm	HSRC 111974
M	Nov 2	5:15pm-6:00pm	HSRC 111975
M	Dec 7	5:15pm-6:00pm	HSRC 111976

Age: 5-6		\$30 / Month	
Tu	Sep 8	5:15pm-6:00pm	EORC 114072
Tu	Sep 8	6:00pm-6:45pm	CNRC 116246
M	Sep 14	5:45pm-6:30pm	DLRC 115746
M	Oct 5	5:45pm-6:30pm	DLRC 115747
Tu	Oct 6	5:15pm-6:00pm	EORC 114073
Tu	Oct 6	6:00pm-6:45pm	CNRC 116247
M	Nov 2	5:45pm-6:30pm	DLRC 115748
Tu	Nov 3	6:00pm-6:45pm	CNRC 116248
M	Nov 30	5:45pm-6:30pm	DLRC 115749

Age: 7-8		\$30 / Month	
Th	Sep 10	5:00pm-5:45pm	CNRC 111980
M	Sep 14	6:45pm-7:30pm	DLRC 111977
M	Sep 14	6:15pm-7:00pm	HSRC 116423
M	Oct 5	6:45pm-7:30pm	DLRC 111978
M	Oct 5	6:15pm-7:00pm	HSRC 116424
Th	Oct 8	5:00pm-5:45pm	CNRC 111985
M	Nov 2	6:15pm-7:00pm	HSRC 116425
M	Nov 2	6:45pm-7:30pm	DLRC 115756
Th	Nov 5	5:00pm-5:45pm	CNRC 111986
M	Nov 30	6:45pm-7:30pm	DLRC 115757
Th	Dec 3	5:00pm-5:45pm	CNRC 111987
M	Dec 7	6:15pm-7:00pm	HSRC 116426

Age: 9-12		\$30 / Month	
Th	Sep 10	6:00pm-6:45pm	CNRC 116253
M	Sep 14	7:45pm-8:30pm	DLRC 115762
M	Sep 14	7:10pm-8:00pm	HSRC 116427
Th	Oct 1	6:00pm-6:45pm	CNRC 116273
M	Oct 5	7:45pm-8:30pm	DLRC 115763
M	Oct 5	7:10pm-8:00pm	HSRC 116428
M	Nov 2	7:45pm-8:30pm	DLRC 115765
M	Nov 2	7:10pm-8:00pm	HSRC 116429
Th	Nov 5	6:00pm-6:45pm	CNRC 116274
M	Nov 30	7:45pm-8:30pm	DLRC 115766
Th	Dec 3	6:00pm-6:45pm	CNRC 116275
M	Dec 7	7:10pm-8:00pm	HSRC 116430

Beginning Soccer

Gain an understanding of the game. Emphasis is on improving individual skills including the correct way to dribble, pass and shoot.

Age: 3-4		\$30 / Month	
W	Sep 9	4:15pm-5:00pm	EORC 114076
Sa	Sep 12	9:15am-10:00am	CNRC 116276
Sa	Sep 12	9:15am-10:00am	DLRC 115887
Sa	Sep 12	9:15am-10:00am	HSRC 116431
W	Oct 7	4:15pm-5:00pm	EORC 114077
Sa	Oct 10	9:15am-10:00am	CNRC 116277
Sa	Oct 10	9:15am-10:00am	DLRC 115889
Sa	Oct 3	9:15am-10:00am	HSRC 116432
W	Nov 4	4:15pm-5:00pm	EORC 114078
Sa	Nov 7	9:15am-10:00am	CNRC 116278
Sa	Nov 7	9:15am-10:00am	DLRC 115890
Sa	Nov 7	9:15am-10:00am	HSRC 116433
Sa	Dec 5	9:15am-10:00am	DLRC 115891
Sa	Dec 5	9:15am-10:00am	HSRC 116434



Age: 5-6		\$30 / Month	
W	Sep 2	5:15pm-6:00pm	EORC 114080
Sa	Sep 12	10:15am-11:00am	DLRC 115902
Sa	Sep 12	11:15am-12:00pm	CNRC 116279
Sa	Sep 12	10:15am-11:00am	HSRC 116435
Sa	Oct 3	10:15am-11:00am	HSRC 116436
W	Oct 7	5:15pm-6:00pm	EORC 114081
Sa	Oct 10	10:15am-11:00am	DLRC 115904
Sa	Oct 10	11:15am-12:00pm	CNRC 116280
W	Nov 4	5:15pm-6:00pm	EORC 114082
Sa	Nov 7	10:15am-11:00am	DLRC 115905
Sa	Nov 7	11:15am-12:00pm	CNRC 116281
Sa	Nov 7	10:15am-11:00am	HSRC 116437
Sa	Dec 5	10:15am-11:00am	HSRC 116438
Sa	Dec 5	10:15am-11:00am	DLRC 115906

Age: 7-8		\$30 / Month	
W	Sep 9	6:15pm-7:00pm	EORC 114084
Sa	Sep 12	11:15am-12:00pm	DLRC 115914
W	Oct 7	6:15pm-7:00pm	EORC 114085
Sa	Oct 10	11:15am-12:00pm	DLRC 115916
W	Nov 4	6:15pm-7:00pm	EORC 114086
Sa	Nov 7	11:15am-12:00pm	DLRC 115917
Sa	Dec 5	11:15am-12:00pm	DLRC 115918

Age: 9-12		\$30 / Month	
Sa	Sep 12	12:15pm-1:00pm	DLRC 115933
Sa	Oct 10	12:15pm-1:00pm	DLRC 115935
Sa	Nov 7	12:15pm-1:00pm	DLRC 115936
Sa	Dec 5	12:15pm-1:00pm	DLRC 115937

Rock Climbing

Parent and Child

Is your child interested in rock climbing? This one hour program teaches parents the safety skills needed for their child to climb at EORC. Class fee includes the four week course and 4 day passes for future use. Registration covers one child and one adult. Parent must attend class with minor in order to sign the release form.

Age: 6 and up		\$35 / 4 Classes	
Sa	Oct 3	9:00am-10:00am	EORC 115525

Beginner Rock Climbing

Experience something new! Your kids will learn about rock climbing equipment, safety and climbing techniques. Parents must be present to belay.

Age: 4-9		\$42 / Month	
Th	Sep 10	5:00pm-6:00pm	EORC 114093
Th	Oct 8	5:00pm-6:00pm	EORC 114094
Th	Nov 5	5:00pm-6:00pm	EORC 114095

Age: 10-17		\$42 / Month	
Th	Sep 10	6:00pm-7:00pm	EORC 114097
Th	Oct 8	6:00pm-7:00pm	EORC 114098
Th	Nov 5	6:00pm-7:00pm	EORC 114099

Register online at:

 www.NaturallyFun.org

Sports

Sports Explorers

This is a great class for parents who are looking to introduce their children with sports. Your child will be taught the basics of four sports. Sports vary by location and may include t-ball, basketball, soccer, tumbling and football. Preschool age courses are a great experience and will help children to develop teamwork, sharing and listening skills.

Age: 3-4		\$30 / Month	
Tu	Sep 8	5:00pm-5:45pm	DLRC 115781
Sa	Sep 12	10:15am-11:00am	CNRC 116282
Tu	Oct 6	5:00pm-5:45pm	DLRC 115784
Sa	Oct 10	10:15am-11:00am	CNRC 116283
Tu	Nov 3	5:00pm-5:45pm	DLRC 115785
Sa	Nov 7	10:15am-11:00am	CNRC 116284
Tu	Dec 1	5:00pm-5:45pm	DLRC 115786

Age: 5-6		\$30 / Month	
Tu	Sep 8	6:00pm-6:45pm	DLRC 115792
Sa	Sep 12	12:15pm-1:00pm	CNRC 116285
Tu	Oct 6	6:00pm-6:45pm	DLRC 115794
Sa	Oct 10	12:15pm-1:00pm	CNRC 116286
Tu	Nov 3	6:00pm-6:45pm	DLRC 115795
Sa	Nov 7	12:15pm-1:00pm	CNRC 116287
Tu	Dec 1	6:00pm-6:45pm	DLRC 115796

Sports 4 All

This class teaches the fundamentals of sports while stressing the importance of sportsmanship, teamwork and fair play. Participants gain self-confidence in their sports abilities.

Age: 6-9		\$35 / 12 Classes	
Tu, Th	Oct 6	6:30pm-7:30am	EORC 115527
Tu, Th	Oct 8	6:00pm-7:00pm	EORC 118428

Sports Girls Rule!

This unique class gives girls a wonderful opportunity to experience the benefits of physical activity in a safe, supportive and fun atmosphere. Girls will explore their physical capability through a number of activities including basketball, soccer, Frisbee and other games!

Age: 6-9		\$40 / 4 Classes	
Sa	Oct 6	1:00pm-2:00pm	MRC 118427

Note: Dates listed are session starting dates.

SportsMania School

Join us for some indoor and outdoor fun as we play soccer, basketball, Frisbee and baseball. Every two weeks we'll switch sports as we learn the skills and rules of each game, while competing in a fun, non-competitive atmosphere.

Age: 5-8		\$89 / 8 Classes	
Sa	Sep 19	11:00am-12:00pm	EORC 115528

Sluggers T-Ball

Participants will concentrate on the fundamentals of America's favorite pastime. Children learn the basics of throwing, catching and hitting. These classes help to develop teamwork and listening skills.

Ages 3-4		\$30 / Month	
W	Sep 9	5:00pm-5:45pm	DLRC 115812
Sa	Sep 12	9:30am-10:15am	CNRC 116288
W	Sep 16	5:15pm-6:00pm	HSRC 116439
W	Oct 7	5:00pm-5:45pm	DLRC 115814
W	Oct 7	5:15pm-6:00pm	HSRC 116440
Sa	Oct 10	9:30am-10:15am	CNRC 116289
W	Nov 4	5:00pm-5:45pm	DLRC 115815
W	Nov 4	5:15pm-6:00pm	HSRC 116441
Sa	Nov 7	9:30am-10:15am	CNRC 116290
W	Dec 2	5:00pm-5:45pm	DLRC 115816
W	Dec 2	5:15pm-6:00pm	HSRC 116442

Ages 5-6		\$30 / Month	
W	Sep 9	6:00pm-6:45pm	DLRC 115810
W	Sep 16	6:15pm-7:00pm	HSRC 116723
W	Oct 7	6:00pm-6:45pm	DLRC 115817
W	Oct 7	6:15pm-7:00pm	HSRC 116724
W	Nov 4	6:00pm-6:45pm	DLRC 115818
W	Nov 4	6:15pm-7:00pm	HSRC 116725
W	Dec 2	6:00pm-6:45pm	DLRC 115819
W	Dec 2	6:15pm-7:00pm	HSRC 116726

Volleyball

Bump, Set, Spike! You will learn how to serve the ball, proper footwork and how to bump, set and spike the volleyball. Don't forget your knee pads.

Ages: 8-14		\$35 / Month	
Th	Sep 10	7:00pm-8:00pm	DLRC 115863
Fr	Sep 11	6:00pm-7:00pm	CNRC 116291
Fr	Oct 2	6:00pm-7:00pm	CNRC 116292
Th	Oct 8	7:00pm-8:00pm	DLRC 115867
Th	Nov 5	7:00pm-8:00pm	DLRC 115868
Fr	Nov 6	6:00pm-7:00pm	CNRC 116293
Th	Dec 3	7:00pm-8:00pm	DLRC 115869

Gymnastics / Cheer

Cheerleading

Cheerleading

Cheerleading is great fun and exercise. This class is designed to teach fundamentals of cheerleading including: jumps, cheers, chants, basic tumbling and routines. Cheerleading helps build stamina, flexibility, rhythm and confidence.

Age: 7-12		\$30 / Month	
M	Sep 14	6:30pm-7:20pm	DLRC 115750
M	Sep 14	6:00pm-6:50pm	CNRC 116307
M	Oct 5	6:30pm-7:20pm	DLRC 115751
M	Oct 5	6:00pm-6:50pm	CNRC 116308
M	Nov 2	6:30pm-7:20pm	DLRC 115754
M	Nov 2	6:00pm-6:50pm	CNRC 116309
M	Nov 30	6:30pm-7:20pm	DLRC 115755

Hip Hip Hooray

Two bits, four bits, six bits, a dollar... all for kiddos stand up and holler! Join us in a fun class for preschoolers who want to learn the basics of cheerleading.

Age: 4-6		\$30 / Month	
Th	Sep 10	5:00pm-5:50pm	CNRC 116299
M	Sep 14	5:30pm-6:20pm	DLRC 115730
M	Oct 5	5:30pm-6:20pm	DLRC 115731
Th	Oct 12	5:00pm-5:50pm	CNRC 116300
M	Nov 2	5:30pm-6:20pm	DLRC 115736
M	Nov 30	5:30pm-6:20pm	DLRC 115737

Gymnastics

Gymnastics 1

Gymnastics is a great class for developing balance, coordination, flexibility, muscular endurance and strength. This is a beginning class where participants will learn basic gymnastic skills.

Age: 6-12		\$30 / Month	
Tu	Sep 8	5:00pm-5:50pm	EORC 114088
Sa	Sep 12	11:00am-11:50am	DLRC 115929
Sa	Sep 12	12:10pm-1:00pm	CNRC 116294
Tu	Oct 6	5:00pm-5:50pm	EORC 114089
Sa	Oct 10	11:00am-11:50am	DLRC 115930
Sa	Oct 10	12:10pm-1:00pm	CNRC 116295
Tu	Nov 3	5:00pm-5:50pm	EORC 114090
Sa	Nov 7	11:00am-11:50am	DLRC 115931
Sa	Nov 7	12:10pm-1:00pm	CNRC 117473
Sa	Dec 12	11:00am-11:50am	DLRC 115932
Sa	Dec 5	12:10pm-1:00pm	CNRC 117474

See page 24 for information on our cheer squad.

Gymnastics 2

A continuation of the gymnastics program. This class focuses on intermediate gymnastic skills while developing balance, coordination, flexibility, muscular endurance and strength. *Teacher approval through a skills test is required.

Age: 6-12		\$30 / Month	
Sa	Sep 12	12:00pm-12:50pm	DLRC 115945
Sa	Sep 12	1:10pm-2:00pm	CNRC 116296
Sa	Oct 10	12:00pm-12:50pm	DLRC 115949
Sa	Oct 10	1:10pm-2:00pm	CNRC 116297
Sa	Nov 7	12:00pm-12:50pm	DLRC 115950
Sa	Nov 7	1:10pm-2:00pm	CNRC 116298
Sa	Dec 12	12:00pm-12:50pm	DLRC 115951
Sa	Dec 5	1:10pm-2:00pm	CNRC 117475

Hop, Skip and Jump

Preschoolers and their parents will hop the day away. They will do log rolls, bear crawls and more to help develop coordination, listening skills and social interaction.

Age: 2		\$30 / Month	
Sa	Sep 12	9:15am-9:45am	DLRC 115880
Sa	Oct 10	9:15am-9:45am	DLRC 115884
Sa	Nov 7	9:15am-9:45am	DLRC 115885
Sa	Dec 12	9:15am-9:45am	DLRC 115886

Tumbling Tots

Preschoolers will learn beginning tumbling and beam skills. These classes help to enhance social interaction, listening skills and coordination.

Age: 3-5		\$30 / Month	
Tu	Sep 8	4:00pm-4:30pm	EORC 114113
Sa	Sep 12	10:00am-10:30am	DLRC 115895
Sa	Sep 12	11:30am-12:00pm	CNRC 116302
Tu	Oct 6	4:00pm-4:30pm	EORC 114114
Sa	Oct 10	10:00am-10:30am	DLRC 115899
Sa	Oct 10	11:30am-12:00pm	CNRC 116303
Tu	Nov 3	4:00pm-4:30pm	EORC 114115
Sa	Nov 7	10:00am-10:30am	DLRC 115900
Sa	Nov 7	11:30am-12:00pm	CNRC 116304
Sa	Dec 12	10:00am-10:30am	DLRC 115901



Martial Arts

Boxing

Beginner

'Float like a butterfly, sting like a bee,'...now you too can box like Mohammed Ali. Try this beginning class where you will learn boxing techniques and discipline of a trained boxer. This is a noncontact class.

Age: 10 and up

\$35 / Month

F	Sep 11	7:00pm-8:00pm	CNRC	115592
F	Oct 2	7:00pm-8:00pm	CNRC	115593
F	Nov 6	7:00pm-8:00pm	CNRC	115594

Boxing

Advanced

Already have the basic boxing skills? This class helps you focus on enhancing those techniques and footwork. Bring your own hand wraps.

Age: 12 and up

\$45 / Month

F	Sep 11	8:00pm-9:00pm	CNRC	115589
F	Oct 2	8:00pm-9:00pm	CNRC	115590
F	Nov 6	8:00pm-9:00pm	CNRC	115591

Fencing

The Olympic sport of Fencing is one of the oldest and most mentally stimulating forms of exercise. Fencing challenges both the player's body and mind and is suited for all ages and activity levels. Beginner Fencing is a 5 week class designed to train students in the elementary stages for the sport. You will learn about the different types of fencing, equipment, footwork and basic defenses. Students will have hands on contact and all practice equipment is provided during class. There is an additional equipment fee payable to the instructor at the beginning of the first day of each session. All equipment is provided.

Beginning

Age: 6 and up

\$65 / 5 Classes

Su	Sept 13	2:00pm-3:00pm	CNRC	117734
Su	Oct 18	2:00pm-3:00pm	CNRC	117735
Su	Nov 22	2:00pm-3:00pm	CNRC	117736

Advanced

Age: 6 and up

\$65 / 5 Classes

Su	Sept 13	3:00pm-4:00pm	CNRC	117737
Su	Oct 18	3:00pm-4:00pm	CNRC	117738
Su	Nov 22	3:00pm-4:00pm	CNRC	117739

Parkour

Parkour is a sport that uses techniques from gymnastics and martial arts. It's an activity with the aim of moving from one point to another as smoothly, efficiently and quickly as possible, using principally the abilities of the human body. It is meant to help one overcome obstacles, which can be anything in the surrounding environment. As martial arts are a form of training for the fight, Parkour is a form of training for the flight. Techniques to be covered include landing, balancing, vaulting, swinging and rolling.

Age: 13 and up

\$45 / 5 Classes

Th	Sep 3	7:00pm- 8:30pm	HSRC	116578
Sa	Sep 5	10:30am-12:00pm	HSRC	116582
Th	Oct 8	7:00pm- 8:30pm	HSRC	116583
Sa	Oct 10	10:30am-12:00pm	HSRC	116584
Th	Nov 5	7:00pm- 8:30pm	HSRC	116585
Sa	Nov 7	10:30am-12:00pm	HSRC	116586

Tiny Kids Self Defense

Get coordinated! Preschoolers will learn basic kicks, escaping techniques and rolling. GI not required. This class helps teach children about stranger awareness.

Age: 3-5

\$30 / Month

M	Sep 14	5:30pm-6:00pm	EORC	114109
M	Sep 14	5:30pm-6:00pm	CNRC	115601
M	Oct 5	5:30pm-6:00pm	EORC	114110
M	Oct 5	5:30pm-6:00pm	CNRC	115602
M	Nov 2	5:30pm-6:00pm	EORC	114111
M	Nov 2	5:30pm-6:00pm	CNRC	115603
M	Dec 7	5:30pm-6:00pm	CNRC	115604

Women's Self Defense

This workshop will teach females to recognize and defend against an attacker. This class will strengthen your mind, body and spirit so that you never have to be a victim. Ages 12 and up. Facility Card required.

Age: 12 and up

\$30 / 1 Classes

Sa	Sep 26	9:00am-12:00pm	CNRC	115595
Sa	Oct 17	9:00am-12:00pm	CNRC	115596
Sa	Nov 7	9:00am-12:00pm	CNRC	115597

Register online at:



www.NaturallyFun.org

Tae Kwon Do at Cliff Nelson

Introduction

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Wear karate GI or sweats.

Age: 6 and up		\$32 / Month	
Tu	Sep 8	6:00pm-7:00pm	CNRC 115585
M	Sep 14	6:00pm-7:00pm	CNRC 115581
M	Oct 5	6:00pm-7:00pm	CNRC 115582
Tu	Oct 6	6:00pm-7:00pm	CNRC 115586
M	Nov 2	6:00pm-7:00pm	CNRC 115583
Tu	Nov 3	6:00pm-7:00pm	CNRC 115587
Tu	Dec 1	6:00pm-7:00pm	CNRC 115588
M	Dec 7	6:00pm-7:00pm	CNRC 115584

Tae Kwon Do at Cliff Nelson

Advanced

This class is designed for advanced students. After stretching & conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Age: 6 and up		\$32 / Month	
Tu	Sep 8	7:00pm-8:00pm	CNRC 115577
M	Sep 14	7:00pm-8:00pm	CNRC 115573
M	Oct 5	7:00pm-8:00pm	CNRC 115574
Tu	Oct 6	7:00pm-8:00pm	CNRC 115578
M	Nov 2	7:00pm-8:00pm	CNRC 115575
Tu	Nov 3	7:00pm-8:00pm	CNRC 115579
Tu	Dec 1	7:00pm-8:00pm	CNRC 115580
M	Dec 7	7:00pm-8:00pm	CNRC 115576

*Teacher approval through a skills test is required.

Tae Kwon Do at Dottie Lynn

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats.

Introduction

Age: 6 and up		\$32 / Month	
Tu	Sep 8	6:00pm-7:00pm	DLRC 115993
M	Sep 14	6:00pm-7:00pm	DLRC 115992
M	Oct 5	6:00pm-7:00pm	DLRC 116002
Tu	Oct 6	6:00 pm-7:00pm	DLRC 116005
M	Nov 2	6:00 pm-7:00pm	DLRC 116003
Tu	Nov 3	6:00pm-7:00pm	DLRC 116006
Tu	Dec 1	6:00pm-7:00pm	DLRC 116007
M	Dec 7	6:00pm-7:00pm	DLRC 116004

Advanced

Age: 6 and up		\$32 / Month	
M	Sep 14	7:00pm-8:00pm	DLRC 116008
M	Oct 5	7:00pm-8:00pm	DLRC 116009
M	Nov 2	7:00pm-8:00pm	DLRC 116012
M	Dec 7	7:00pm-8:00pm	DLRC 116013

Tae Kwon Do at Elzie Odom

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Wear karate GI or sweats.

Introduction

Age: 6 and up		\$32 / Month	
M	Sep 14	6:00pm-7:00pm	EORC 114105
M	Oct 5	6:00pm-7:00pm	EORC 114106
M	Nov 2	6:00pm-7:00pm	EORC 114107

Tae Kwon Do at Hugh Smith

Introduction

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats. Ages 6 and up. Facility Card required.

Age: 4-5		\$32 / Month	
Tu	Sep 1	5:10pm-6:00pm	HSRC 116443
Tu	Oct 6	5:10pm-6:00pm	HSRC 116444
Tu	Nov 3	5:10pm-6:00pm	HSRC 116445
Tu	Dec 1	5:10pm-6:00pm	HSRC 116446

Age: 6-7		\$32 / Month	
Tu	Sep 1	6:10pm-7:00pm	HSRC 116447
Tu	Oct 6	6:10pm-7:00pm	HSRC 116448
Tu	Nov 3	6:10pm-7:00pm	HSRC 116449
Tu	Dec 1	6:10pm-7:00pm	HSRC 116450

Age: 8-10		\$32 / Month	
Tu	Sep 1	7:10pm-8:00pm	HSRC 116451
Tu	Oct 6	7:10pm-8:00pm	HSRC 116452
Tu	Nov 3	7:10pm-8:00pm	HSRC 116453
Tu	Dec 1	7:10pm-8:00pm	HSRC 116454

Tae Kwon Do Club

After stretching and conditioning, students will learn kicking, punching, basic falls and discipline. Students should wear karate GI or sweats. The 6-7 pm class at HSRC is for Beginners (white through orange belts) and the 7:10-8:10 pm class is for Advanced (green belt and up). The HSRC classes are paid for monthly and registration is due by the 1st of each month.

Age: 6 and up		\$45 / Month	
M, F	Sep 4	6:00pm-7:00pm	HSRC 116455
M, F	Oct 2	6:00pm-7:00pm	HSRC 116456
M, F	Nov 2	6:00pm-7:00pm	HSRC 116457
M, F	Dec 4	6:00pm-7:00pm	HSRC 116458
M, F	Sep 4	7:10pm-8:10pm	HSRC 116459
M, F	Oct 2	7:10pm-8:10pm	HSRC 116460
M, F	Nov 2	7:10pm-8:10pm	HSRC 116461
M, F	Dec 4	7:10pm-8:10pm	HSRC 116462

**Whether you're
a seasoned player or just
starting out, Arlington, Texas is
the perfect choice for great golf!**

Lake Arlington Golf Course

Lake Arlington Golf Course is a beautiful 18-hole facility nestled on 185 acres on the north shore of Lake Arlington. The course was designed with all types of players in mind and with the newly renovated fairways and greens, the course provides a great golfing experience at an exceptional value.

Lake Arlington's time-honored design blends shot making demands along with open tree-lined fairways. A challenge for the professional as well as the beginner, the four sets of tees, ranging from 5,485 yards to 6,637, provides a fair playing field that appeals to every level of proficiency.

The clubhouse features a well stocked pro shop, club repair services and snack area. Lake Arlington's combination of enjoyable golf, convenient location and professional staff create the perfect setting for group outings and tournaments.

1516 West Green Oaks Boulevard, Arlington, Texas 76013 817-451-6101

Chester W. Ditto Golf Course

Beautiful Chester W. Ditto Golf Course is a long-standing favorite among golfers in the Dallas-Fort Worth Metroplex.

This hidden gem in north Arlington maintains a pure golf feel and offers eighteen holes of challenging golf with plush fairways narrowed by trees and accented by sand bunkers and strategically placed landing areas.

A driving range, practice putting green and chipping area complete the golf experience. The clubhouse features a snack bar and full-line pro shop with the latest in equipment and apparel.

Ditto hosts tournaments and offers private and group lessons taught by PGA professionals and apprentices.

801 Brown Boulevard, Arlington, Texas 76011 817-275-5941

Meadowbrook Park Golf Course

Arlington's tradition of outstanding golf began in the 1920's with Meadowbrook Park. Conveniently located just east of downtown Arlington, Meadowbrook Park Golf Course is the home of the First Tee of Arlington. An excellent choice for families and leagues, Meadowbrook Park is the perfect facility to learn the game of golf and sharpen short-game skills.

A 9-hole walking course, Meadowbrook is easily played when under time constraints. Exclusive facility rental opportunities are available for both golf and non-golf outdoor activities. With a long-standing commitment to environmental enhancement and preservation, Meadowbrook Park Golf Course is like a walk in the park for the whole family.

1300 East Dugan Street, Arlington, Texas 76013 817-275-0221

Tierra Verde Golf Club at the Reserve

Opened in 1998, Tierra Verde is the result of a unique partnership between the City of Arlington, renowned designers Graham & Panks International and Audubon International.

Carved from 250 acres of secluded terrain, Tierra Verde's unsurpassed layout encompasses idyllic surroundings and an array of natural settings. Each hole has five sets of tees, sculpted fairways, strategically placed sand bunkers and water hazards – all accented by stately trees and beautiful native grasses.

Audubon International has recognized Tierra Verde as the first golf course in Texas and the first municipal golf course in the world to be certified as an Audubon Signature Sanctuary. Tierra Verde was the recipient of the 2004 Golf Digest Environmental Leaders in Golf Award, which recognizes golf courses worldwide for the environmental excellence. In 2008, Tierra Verde was the recipient of the Texas Parks and Wildlife Special Recognition Lone Star Land Steward Award for their commitment to wildlife habitat and conservation through innovative conservation development.

The course has been host to many prestigious events, including the Byron Nelson Qualifying Tournament two years in a row. The facility's 7,000 yards of exciting terrain make it a favorite destination for tournaments and group outings.

The Mediterranean-styled clubhouse features outstanding amenities, including a fully stocked pro shop, an outdoor pavilion and full-service restaurant.

Tierra Verde's state of the art learning center features a lighted driving range, practice fairway bunker, large chipping and putting green complex, and three practice holes. Tierra Verde offers lessons and clinics taught by PGA and LPGA professionals and apprentices. Tierra Verde is also the home to Ventana Grille, which features a Spanish flair, an irresistible menu featuring tapas dishes, all in an incredible ambience.

7005 Golf Club Drive, Arlington, Texas 76001
817-478-8500 Metro 817-572-1300



Hooked on Golf for Juniors

Junior Academy is the perfect place for juniors of all skill levels to improve their game. This fun and exciting program features four structured levels where students can advance from one level to the next by learning the many life skills inherent in golf and performing all of the golf skills required to advance. Each level consists of four weeks of instruction. Students receive a membership card good for discounts at all Arlington Golf facilities.

Ditto Golf Course

September

Age 6-11 **\$149 / 4 Weeks**

M, W	Sep 7- Sep 30, 4:30pm-5:30pm	Level 1
Tu, Th	Sep 8-Oct 1, 4:30pm-5:30pm	Level 2
M, W	Sep 7-Sep 30, 5:45pm-6:45pm	Level 3
Tu, Th	Sep 8-Oct 1, 5:45pm-6:45pm	Level 4

Age 12-17 **\$149 / 4 Weeks**

F	Sep 4-Sep 25, 4:30pm-6:30pm	Level 1
Sa	Sep 5-Sep 26, 2:15pm-4:15pm	Level 2
Sa	Sep 5-Sep 26, 4:30pm-6:30pm	Level 3
Su	Sep 6-Sep 27, 2:30pm-4:30pm	Level 4

October

Age 6-11 **\$149 / 4 Weeks**

M, W	Oct 5-Oct 28, 4:30pm-5:30pm	Level 1
Tu, Th	Oct 6-Oct 29, 4:30pm-5:30pm	Level 2
M, W	Oct 5-Oct 28, 5:45pm-6:45pm	Level 3
Tu, Th	Oct 6-Oct 29, 5:45pm-6:45pm	Level 4

Age 12-17 **\$149 / 4 Weeks**

F	Oct 2-Oct 23, 4:30pm-6:30pm	Level 1
Sa	Oct 3-Oct 24, 2:15pm-4:15pm	Level 2
Sa	Oct 3-Oct 24, 4:30pm-6:30pm	Level 3
Su	Oct 4-Oct 25, 2:30pm-4:30pm	Level 4

November

Age 6-11 **\$149 / 4 Weeks**

M, W	Nov 2-Nov 25, 4:30pm-5:30pm	Level 1
Tu, Th	Nov 3-Nov 27, 4:30pm-5:30pm	Level 2
Sa	Nov 7-Nov 28, 2:15pm-4:15pm	Level 3

Age 12-17 **\$149 / 4 Weeks**

Su	Nov 8-Nov 29, 9:30am-11:30am	Level 1
Su	Nov 8-Nov 29, 12:00pm-2:00pm	Level 2
Su	Nov 8-Nov 29, 2:15pm-4:15pm	Level 3

Tierra Verde Golf Club

September

Age 6-11 **\$149 / 4 Weeks**

M, W	Sep 7- Sep 30, 4:30pm-5:30pm	Level 1
Tu, Th	Sep 8-Oct 1, 4:30pm-5:30pm	Level 2
M, W	Sep 7-Sep 30, 5:45pm-6:45pm	Level 3
Tu, Th	Sep 8-Oct 1, 5:45pm-6:45pm	Level 4

Age 12-17 **\$149 / 4 Weeks**

F	Sep 4-Sep 25, 4:30pm-6:30pm	Level 1
Sa	Sep 5-Sep 26, 2:15pm-4:15pm	Level 2
Sa	Sep 5-Sep 26, 4:30pm-6:30pm	Level 3
Su	Sep 6-Sep 27, 2:30pm-4:30pm	Level 4

October

Age 6-11 **\$149 / 4 Weeks**

M, W	Oct 5-Oct 28, 4:30pm-5:30pm	Level 1
Tu, Th	Oct 6-Oct 29, 4:30pm-5:30pm	Level 2
M, W	Oct 5-Oct 28, 5:45pm-6:45pm	Level 3
Tu, Th	Oct 6-Oct 29, 5:45pm-6:45pm	Level 4

Age 12-17 **\$149 / 4 Weeks**

F	Oct 2-Oct 23, 4:30pm-6:30pm	Level 1
Sa	Oct 3-Oct 24, 2:15pm-4:15pm	Level 2
Sa	Oct 3-Oct 24, 4:30pm-6:30pm	Level 3
Su	Oct 4-Oct 25, 2:30pm-4:30pm	Level 4

November

Age 6-11 **\$149 / 4 Weeks**

M, W	Nov 2-Nov 25, 4:30pm-5:30pm	Level 1
Tu, Th	Nov 3-Nov 27, 4:30pm-5:30pm	Level 2
Sa	Nov 7-Nov 28, 2:15pm-4:15pm	Level 3

Age 12-17 **\$149 / 4 Weeks**

Su	Nov 8-Nov 29, 9:30am-11:30am	Level 1
Su	Nov 8-Nov 29, 12:00pm-2:00pm	Level 2
Su	Nov 8-Nov 29, 2:15pm-4:15pm	Level 3

Hooked on Golf

Hooked on Golf for Adults

is a structured program designed to teach the fundamentals necessary to enjoy the game of golf for a lifetime. Whether a beginner interested in learning the basic skills involved in golf, or a player interested in improving your game to become more consistent, the Adult Hooked on Golf program offers a variety of classes to fit your needs.

Level 1 (Beginner)

Arlington Golf's Level 1 program is designed for anyone who wants to learn all the basic fundamentals involved with playing golf. The Level 1 program will help develop the skills needed in order to have you on the golf course as fast as possible. Participants in this level will receive up to eight hours of instruction, free rounds of golf, a range & golf discount card and many other great benefits!

\$199 / 4 Weeks

Tierra Verde

Age: 18 and up

	Class#
Sa Sep 5-Sep 26, 9:00am-11:00am	18
M, W Sep 7-Sep 30, 4:30pm-5:30pm	19
F Sep 18-Sep 9, 7:00pm-9:00pm	20
Su Sep 20-Oct 11, 12:30pm-2:30pm	21
Sa Oct 3-Oct 24, 11:30am-1:30pm	22
Tu, Th Oct 6-Oct 29, 5:45pm-6:45pm	23
Su Oct 18-Nov 8, 3:00pm-5:00pm	24
F Oct 23-Nov 13, 5:00pm-7:00pm	25
Sa Nov 14-Dec 5, 2:00pm-4:00pm	26
Su Nov 22-Dec 13, 12:30pm-2:30pm	27
M Dec 7-Dec 28, 12:00pm-2:00pm	28
Su Dec 20-Jan 10, 1:00pm-3:00pm	29

Ditto

Age: 18 and up

	Class#
Sa Sep 5-Sep 26, 9:30am-11:30am	9
Sa Oct 3-Oct 24, 9:30am-11:30am	10
Sa Nov 7-Nov 28, 9:30am-11:30am	11

For more information on the Adult Hooked on Golf program

or to register for classes call: Tierra Verde Golf Club

817-478-8500 or Ditto Golf Course 817-275-5941.

Visit us online at www.arlingtongolf.com

Level 2 (Breaking 100)

Arlington Golf's Level 2 program is designed for anyone who has either completed the beginner level, has trouble breaking 100, or has taken golf lessons in the past and wishes to become more consistent. The main focus of Level 2 is the full swing. This class will also cover aspects of the short game including chipping, pitching and putting. Participants in this level receive up to eight hours of instruction, with a maximum of 6 to 1 student-to-teacher ratio. Students will also receive free rounds of golf, a range & golf discount card and many other great benefits!

\$229 / 4 Weeks

Tierra Verde

Age: 18 and up

	Class#
Sa Sep 5-Sep 26, 11:30am-1:30pm	13
Tu, Th Sep 8-Sep 31, 4:30pm-5:30pm	14
Su Sep 20-Oct 11, 3:00pm-5:00pm	15
Sa Oct 3-Oct 24, 2:00pm-4:00pm	16
M, W Oct 5-Oct 28, 5:45pm-6:45pm	17
Su Oct 18-Nov 8, 12:30pm-2:30pm	18
Sa Nov 14-Dec 5, 11:30am-1:30pm	19
Su Nov 22-Dec 13, 3:00pm-5:00pm	20
Tu Dec 8-Dec 29, 12:00pm-2:00pm	21
Su Dec 20-Jan 10, 3:30pm-5:30pm	22

Ditto

Age: 18 and up

	Class#
Sa Sep 5-Sep 26, 12:00pm-2:00pm	9
Sat Oct 3-Oct 24, 12:00pm-2:00pm	10
Sat Nov 7-Nov 28, 12:00pm-2:00pm	11

Level 3 (Breaking 90)

Arlington Golf's Level 3 program is designed for experienced golfers looking to lower their scores and get more out of their game. The Level 3 program features up to eight hours of instruction and free rounds of golf at many of Arlington's premier courses. With a main focus on the short game, this class is sure to bring your scores down and make your golf experiences more enjoyable.

\$249 / 4 Weeks

Tierra Verde

Age: 18 and up

	Class#
M Oct 5-Oct 26, 12:30pm-2:30pm	4

Ditto

Age: 18 and up

	Class#
Su Sep 6-Sep 27, 12:00pm-2:00pm	7
Su Oct 4-Oct 25, 12:00pm-2:00pm	8



2009 Fall Golf Leagues

We all wish we could play like Tiger and Annika, but even if your game falls a little short (or right or left), you can still enjoy the competition of a friendly round of golf. We would like to extend an invitation to you to join any one of the Golf Leagues at the Arlington Courses in your area as we start our second season. Our goal is to provide competitive and fun leagues for golfers of all abilities. Events will be open to men and women of all ages and flighted so you can compete with players in your same handicap range. Just register for the event and show up. We do all the rest!



Golf Digest recently named Tierra Verde Golf Club as one of the top "Best Places to Play" in the country. The award is based on ratings from readers. The averages are used to determine a star rating using a five-point scale. The evaluations are based on total player experience including the actual course, service, value, pace of play and conditioning of the course.

Book Your Outing Today!



Tierra Verde Golf Club is the perfect venue in the Dallas/Ft. Worth metroplex to host your next group golf event. Whatever your event, Tierra Verde will take it to the next level. Please Contact Steve Fox at 817-477-9894.

Happenings at TVGC



Party on the Patio

Party on the Patio at Tierra Verde Golf Club is back in 2009...
With More Great Music, Food and Fun!

August 28 - Johnny and the Doo Wops

September 25 - Too Smooth

October 23 - The Party Crashers



Table seating is available on the patio.
Or bring your blanket and lawnchairs and enjoy the outside atmosphere.



"2008 USTA Outstanding Facility Award"

Recipient

Arlington Tennis Center

is an award-winning public tennis facility

offering classes, drills and leagues for players of all ages and abilities from beginner to advanced levels. The facility and staff host frequent special events, including seven sanctioned tournaments each year, a National Open Championship, a USTA National Junior Team Tournament and a USTA National Intersectional Team Event, with several non-sanctioned tournaments. ATC also serves as the host site for over 40 other tournaments and events each year.

ATC features classes, lessons, drills, leagues and special events. Class and League registrations must be made at least three days in advance of the starting date to avoid a \$5 late fee. Registrations can be made on-line at www.naturallyfun.org, over the phone or in person by visiting the Arlington Tennis Center. Private instruction is also available. Bring a group of four or more players and we will customize a class just for you!

For additional information, call

The Arlington Tennis Center at 817-459-6163

or visit www.arlingtontennis.net or email atc@arlingtontx.gov.

Tennis Center Hours

Monday-Thursday 8:00am-9:30pm

Friday 8:00am-8:00pm

Saturday 8:00am-5:00pm

Sunday 12:00pm-8:00pm

*Hours may be extended during special events.

Arlington Tennis Center features:

- 20 outdoor, lighted tennis courts
- Plexi-pave court surfaces
- 3,000 sq. ft. building with administrative offices
- Fully stocked pro shop
- Complete locker room facilities with showers
- Concession area offering snacks and drinks
- Wireless Internet

Arlington Tennis Center Services

Pro Shop

Featuring the latest in racquets, strings, grips and accessories, including bags and other on-court needs. ATC's pro shop also has dozens of unique tennis-themed novelties, jewelry and gifts that are perfect for new or experienced players.

Racquet Stringing

Two-day service on racquet stringing and state-of-the-art Babolat Star 3 equipment are just two of the benefits to using the Arlington Tennis Center's racquet stringing service.

Demo Racquets

Our "try it before you buy it" demo program allows you to try out racquets ON SITE.

Ball Machine

PlayMate Ball Machine rentals available for single use or with annual pass memberships.

Tennis



Events

August 15-17

Arlington Tennis Center
Super Championship Major Zone Junior Tournament

August 21-23

Arlington Tennis Association
Junior Singles Open

August 28-30

Fort Worth Combo Adult Mixed
Doubles Tournament

September 18-20

ATC Fall-Apalooza Adult Open Tournament

September 25-27

USTA Texas Section Slammin' 10s
Zone Team Competition

October 10-12

ATC Super Championship Major Zone
Junior Tournament

October 23

Arlington Tennis Association Interleague
Tournament for Adults

October 30

ATC Mid Cities Junior Tournament

November 7-8

Arlington Tennis Association ZAT
Junior Tournament

December 5

Arlington Tennis Association Annual
Toys for Tennis Adult Tournament

Adult and Junior Private Lessons

Private lessons are an ideal way to work on the specifics of your game that you would like to improve. Scheduled at your convenience, private lessons can be the answer to accommodate your busy life. Call the Arlington Tennis Center to sign up for your private tennis lessons today.

Purchase a series of seven lessons, and get the eighth one free!

USPTA Pro . . . \$45/hour
USPTA Head Pro . . . \$60/hour

Adult Drills One hour, \$12 per drill or buy seven and get the eighth drill FREE! Call ahead to sign up.

Tennis Classes

Adult Beginner

Adult Beginner classes are designed to introduce the fundamentals of tennis in a fun and games format. RECEIVE \$5 OFF A BEGINNER PRE-STRUNG TENNIS RACQUET WHEN YOU REGISTER FOR A CLASS!

Notes: November 14 Saturday session meets twice before Thanksgiving, and twice after Thanksgiving. Tu, Th November 3 and December 1 sessions are three weeks (prorated price).

\$44 / 4 Class Dates

Sa	Sep 12	11:00am-12:00pm	115073
Sa	Oct 17	11:00am-12:00pm	115074
Sa	Nov 14	11:00am-12:00pm	115123

\$88 / 8 Class Dates

Tu, Th	Sep 8	9:00am-10:00am	115132
Tu, Th	Sep 8	7:00pm-8:00pm	115136
Tu, Th	Oct 6	9:00am-10:00am	115133
Tu, Th	Oct 6	7:00pm-8:00pm	115137

\$66 / 6 Class Dates

Tu, Th	Nov 3	9:00am-10:00am	115134
Tu, Th	Nov 3	7:00pm-8:00pm	115138
Tu, Th	Dec 1	9:00am-10:00am	115135
Tu, Th	Dec 1	7:00pm-8:00pm	115139

Adult Intermediate/Advanced

Adult Intermediate and Advanced classes are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere.

Notes: November 14 Saturday session meets twice before Thanksgiving, and twice after Thanksgiving. Tu, Th November 3 and December 1 sessions are three weeks (prorated price).

\$44 / 4 Class Dates

Sa	Sep 12	12:00pm-1:00pm	115140
Sa	Oct 17	12:00pm-1:00pm	115141
Sa	Nov 14	12:00pm-1:00pm	115142

\$88 / 8 Class Dates

Tu, Th	Sep 8	10:00am-11:00am	115124
Tu, Th	Sep 8	8:00pm-9:00pm	115128
Tu, Th	Oct 6	10:00am-11:00am	115125
Tu, Th	Oct 6	8:00pm-9:00pm	115129

\$66 / 6 Class Dates

Tu, Th	Nov 3	10:00am-11:00am	115126
Tu, Th	Nov 3	8:00pm-9:00pm	115130
Tu, Th	Dec 1	10:00am-11:00am	115127
Tu, Th	Dec 1	8:00pm-9:00pm	115131

Tennis

Adult Leagues

Adult singles, doubles and mixed doubles leagues are offered for men and women. All leagues meet once per week.

Ladies' 2.5-3.5 Doubles			
M	Sep 14	9:00am-10:30am	115147
			\$42 / 7 League Dates
M	Nov 2	9:00am-10:30am	115148
			\$36 / 6 League Dates
Ladies' 3.0-4.0 Doubles			
Tu	Sep 8	6:30pm-8:00pm	115149
			\$48 / 8 League Dates
Tu	Nov 3	6:30pm-8:00pm	115150
			\$36 / 6 League Dates
Ladies' 3.0-3.5 Singles			
Tu	Sep 8	9:00am-10:30am	117773
			\$48 / 8 League Dates
Tu	Nov 3	9:00am-10:30am	117774
			\$36 / 6 League Dates
Ladies' Open Singles 3.0 and above			
M	Sep 14	8:00pm-9:30pm	115151
			\$42 / 7 League Dates
M	Nov 2	8:00pm-9:30pm	115152
			\$36 / 6 League Dates
Men's 3.0 Singles			
Th	Sep 10	6:30pm-8:00pm	115153
			\$48 / 8 League Dates
Th	Nov 5	6:30pm-8:00pm	115154
			\$36 / 6 League Dates
Men's 3.5 Singles			
W	Sep 9	8:00pm-9:30pm	116773
			\$48 / 8 League Dates
W	Nov 4	8:00pm-9:30pm	116774
			\$36 / 6 League Dates
Men's 4.0 Singles			
W	Sep 9	6:30pm-8:00pm	116775
			\$48 / 8 League Dates
W	Nov 4	6:30pm-8:00pm	116776
			\$36 / 6 League Dates
Men's 4.5 Singles			
Tu	Sep 8	8:00pm-9:30pm	116777
			\$48 / 8 League Dates
Tu	Nov 3	8:00pm-9:30pm	116778
			\$36 / 6 League Dates
Men's Open Doubles-3.0 and above			
M	Sep 14	6:30pm-8:00pm	116779
			\$42 / 7 League Dates
M	Nov 2	6:30pm-8:00pm	116780
			\$36 / 6 League Dates
Mixed Open Doubles-3.0 and above			
Th	Sep 10	8:00pm-9:30pm	116781
			\$48 / 8 League Dates
Th	Nov 5	8:00pm-9:30pm	116782
			\$36 / 6 League Dates

Adult Drill League

Drill Leagues are designed for 2.0-3.0 players who are ready for competitive play. Drill leagues are perfect for ATC intermediate and advanced players who are ready to move to the next level. Drill leagues are 45 minutes of instruction followed by 45 minutes of supervised play.

Adult Drill League			
M	Sep 14	7:30pm-9:00pm	115145
			\$105 / 7 League Dates
M	Nov 2	7:30pm-9:00pm	115146
			\$90 / 6 League Dates

Junior QuickStart

QuickStart tennis classes are designed to introduce players ages 4-6 and 7-10 to the fundamentals of tennis in a fun and games format, with courts, nets and equipment scaled to fit the age of the players. RECEIVE A \$5 DISCOUNT ON A PRE-STRUNG BEGINNER RACQUET WHEN YOU REGISTER FOR A CLASS!

Notes: November 14 Saturday session meets twice before Thanksgiving, and twice after Thanksgiving. M W September session begins Wednesday, September 9, and is prorated for Labor Day. Weekday November 2-3 and November 30-December 1 sessions are three weeks (prorated price).

Age 4-6			
			\$22 / 4 Class Dates
Sa	Sep 12	8:30am-9:00am	116531
Sa	Oct 17	8:30am-9:00am	116532
Sa	Nov 14	8:30am-9:00am	116533
			\$38.50 / 7 Class Dates
W, M	Sep 9	4:30pm-5:00pm	116525
			\$44 / 8 Class Dates
M, W	Oct 5	4:30pm-5:00pm	116526
			\$33 / 6 Class Dates
M, W	Nov 2	4:30pm-5:00pm	116527
M, W	Nov 30	4:30pm-5:00pm	116528
Age 7-10			
			\$44 / 4 Class Dates
Sa	Sep 12	9:00am-10:00am	116409
Sa	Oct 17	9:00am-10:00am	116410
Sa	Nov 14	9:00am-10:00am	116524
			\$77 / 7 Class Dates
W, M	Sep 9	5:00pm-6:00pm	116397
			\$88 / 8 Class Dates
Tu, Th	Sep 8	6:00pm-7:00pm	116404
M, W	Oct 5	5:00pm-6:00pm	116398
Tu, Th	Oct 6	6:00pm-7:00pm	116401
			\$66 / 6 Class Dates
M, W	Nov 2	5:00pm-6:00pm	116399
Tu, Th	Nov 3	6:00pm-7:00pm	116402
M, W	Nov 30	5:00pm-6:00pm	116400
Tu, Th	Dec 1	6:00pm-7:00pm	116403

Tennis Holiday Camps for Juniors

Arlington Tennis Center junior tennis camps are designed for all levels of players aged 7-17. QuickStart (ages 7-10) and Beginner (ages 11-17) camps introduce the fundamentals of tennis in a fun and games format. Performance camps are designed for advanced, high school and qualified players. All camps are taught and supervised by USPTA certified professionals to ensure the highest quality instruction.

\$60 / 2 Camp Dates			
M-Tu	Dec 21	9:00am-12:00pm	115143
M-Tu	Dec 28	9:00am-12:00pm	115144

Junior Beginner

Beginner classes for juniors aged 11-16 are designed to introduce the fundamentals of tennis in a fun and games format. Students are divided into age and ability levels. **RECEIVE A \$5 DISCOUNT ON A PRE-STRUNG BEGINNER RACQUET WHEN YOU REGISTER FOR A CLASS!**

Notes: November 14 Saturday session meets twice before Thanksgiving, and twice after Thanksgiving. M W September session begins Wednesday, September 9, and is prorated for Labor Day. November 2/3 and November 30/December 1 sessions are three weeks (prorated price).

\$44 / 4 Class Dates			
Sa	Sep 12	9:00am-10:00am	116394
Sa	Oct 17	9:00am-10:00am	116395
Sa	Nov 14	9:00am-10:00am	116396

\$77 / 7 Class Dates			
W, M	Sep 9	5:00pm-6:00pm	116378

\$88 / 8 Class Dates			
Tu, Th	Sep 8	6:00pm-7:00pm	116386
M, W	Oct 5	5:00pm-6:00pm	116379
Tu, Th	Oct 6	6:00pm-7:00pm	116387

\$66 / 6 Class Dates			
M, W	Nov 2	5:00pm-6:00pm	116380
Tu, Th	Nov 3	6:00pm-7:00pm	116388
M, W	Nov 30	5:00pm-6:00pm	116381
Tu, Th	Dec 1	6:00pm-7:00pm	116389

Junior Advanced

Advanced classes are for junior players aged 7-16 who are ready to begin higher level competitive play in tournaments and leagues. Students are divided into age and ability levels.

Notes: November 14 Saturday session meets twice before Thanksgiving, and twice after Thanksgiving. November 2 and November 30 sessions are three weeks (prorated price).

\$44 / 4 Class Dates			
Sa	Sep 12	11:00am-12:00pm	116375
Sa	Oct 17	11:00am-12:00pm	116376
Sa	Nov 14	11:00am-12:00pm	116377

\$77 / 7 Class Dates			
W, M	Sep 9	7:00pm-8:00pm	116323

\$88 / 8 Class Dates			
M, W	Oct 5	7:00pm-8:00pm	116324

\$66 / 6 Class Dates			
M, W	Nov 2	7:00pm-8:00pm	116325
M, W	Nov 30	7:00pm-8:00pm	116326

Junior Intermediate

Intermediate classes for juniors aged 7-10 are for players who are ready to refine strokes, plan strategies and begin competitive play in a fun atmosphere.

Notes: November 14 Saturday session meets twice before Thanksgiving, and twice after Thanksgiving. M W September session begins Wednesday, September 9, and is prorated for Labor Day. November 2/3 and November 30/December 1 sessions are three weeks (prorated price).

Age 7-10			
\$44 / 4 Class Dates			
Sa	Sep 12	10:00am-11:00am	116561
Sa	Oct 17	10:00am-11:00am	116562
Sa	Nov 14	10:00am-11:00am	116563

\$77 / 7 Class Dates			
W, M	Sep 9	6:00pm-7:00pm	116549

\$88 / 8 Class Dates			
Tu, Th	Sep 8	5:00pm-6:00pm	116555
M, W	Oct 5	6:00pm-7:00pm	116550
Tu, Th	Oct 6	5:00pm-6:00pm	116556

\$66 / 6 Class Dates			
M, W	Nov 2	6:00pm-7:00pm	116551
Tu, Th	Nov 3	5:00pm-6:00pm	116557
M, W	Nov 30	6:00pm-7:00pm	116552
Tu, Th	Dec 1	5:00pm-6:00pm	116558

Age 11-16			
\$44 / 4 Class Dates			
Sa	Sep 12	10:00am-11:00am	116546
Sa	Oct 17	10:00am-11:00am	116547
Sa	Nov 14	10:00am-11:00am	116548

\$77 / 7 Class Dates			
W, M	Sep 9	6:00pm-7:00pm	116534

\$88 / 8 Class Dates			
Tu, Th	Sep 8	5:00pm-6:00pm	116540
M, W	Oct 5	6:00pm-7:00pm	116535
Tu, Th	Oct 6	5:00pm-6:00pm	116541

\$66 / 6 Class Dates			
M, W	Nov 2	6:00pm-7:00pm	116536
Tu, Th	Nov 3	5:00pm-6:00pm	116542
M, W	Nov 30	6:00pm-7:00pm	116537
Tu, Th	Dec 1	5:00pm-6:00pm	116543

High Performance Drills

for junior players ages 12 and up are designed for high school players and qualified juniors (e.g., JV, varsity, Champ, Super-Champ). Drills focus on footwork, mental and physical development and court strategies. Pros use various drills, techniques and match situations to help players achieve their highest level of fitness and development.

Tu, Th 5:30-7:00pm, \$18/reservation, \$25/drop in

Drill passes are also available—buy eight, and receive a \$12 discount! Call to reserve a spot!

Special Programs



Preschool

KinderBoogie

Watch your little ones go wild with delight as they sing, dance, act out stories and more!

Age: 18 Month - 3 yr **\$30 / 4 Classes**
M Sep 14 9:00am-10:00am MRC 115473

Parachute Fun

Join us as we bring out the parachute for some fun games and music. Parachute Fun will help with coordination and color identification for preschoolers.

Age: 2-5 **\$32 / Month**
W Sep 9 2:00pm-2:45pm EORC 114064
W Oct 7 2:00pm-2:45pm EORC 114065
W Nov 4 10:30am-11:00am EORC 114066

Pre-Historic Preschoolers

Kids love dinosaurs! Join us as we explore the world of dinosaurs and learn about how they lived, what they looked like and how we can find fossils all around.

Age: 3-5 **\$49 / 7 Classes**
M, W Sep 7 9:00am-10:30am EORC 114159

Helping Hands - Preschool

The purpose of this program is to provide a safe environment that is both fun and educational for your child while she/he is developing.

Age: 2-5 **\$70 / Month**
Tu, Th Sep 1 8:30am-11:30am EORC 114060
Th, Tu Oct 1 8:30am-11:30am EORC 114061
Tu, Th Nov 3 8:30am-11:30am EORC 114062
Tu, Th Dec 1 8:30am-11:30am EORC 114063

Preschool Playhouse - 3 Year

During this year-round program, we will carry out different themes using crafts, songs, stories, games and other fun activities. We will also introduce colors, shapes, numbers, letters and much more.

Age: 3 **\$70 / Month**
Tu, Th Sep 1 9:00am-12:00pm CNRC 117528
Tu, Th Sep 8 9:00am-12:00pm DLRC 116014
Th, Tu Oct 1 9:00am-12:00pm DLRC 116016
Tu, Th Oct 1 9:00am-12:00pm CNRC 117529
Tu, Th Nov 3 9:00am-12:00pm DLRC 116017
Tu, Th Nov 3 9:00am-12:00pm CNRC 117530
Tu, Th Dec 1 9:00am-12:00pm DLRC 116018
Tu, Th Dec 1 9:00am-12:00pm CNRC 117531

Age: 4-5 **\$70 / Month**
Tu, Th Sep 1 9:00am-12:00pm CNRC 117532
Tu, Th Sep 8 9:00am-12:00pm DLRC 116019
Th, Tu Oct 1 9:00am-12:00pm DLRC 116021
Tu, Th Oct 1 9:00am-12:00pm CNRC 117533
Tu, Th Nov 3 9:00am-12:00pm DLRC 116022
Tu, Th Nov 3 9:00am-12:00pm CNRC 117534
Tu, Th Dec 1 9:00am-12:00pm DLRC 116023
Tu, Th Dec 1 9:00am-12:00pm CNRC 117535

After School Education

Brains & Brawn After School Program

Brains & Brawn is an after school program designed specifically for elementary age children in grades K-3. It offers two hours of adult supervision five days a week from 3:30 - 5:30 pm. Brains & Brawn strikes a balance between sports and scholastic activities by devoting one full hour to each. Our staff will pick up your child(ren) if they attend Johns or Rankin Elementary. Immediately following school dismissal, a staff member will meet the children at a designated area at their school and walk them to the HSRC. The cost of the program is \$30.00 per month for the first child and \$10.00 for each additional child. Brains & Brawn operates on a first come first serve basis. The after school program will follow the AISD calendar and will not be held on early dismissal days.

Age: 5-8 **\$30 / Month**
M-F Aug 24 3:30pm-5:30pm HSRC 116587
M-F Aug 24 3:30pm-5:30pm HSRC 116588
M-F Sep 1 3:30pm-5:30pm HSRC 116589
M-F Sep 1 3:30pm-5:30pm HSRC 116590
M-F Oct 1 3:30pm-5:30pm HSRC 116591
M-F Oct 1 3:30pm-5:30pm HSRC 116592
M-F Nov 1 3:30pm-5:30pm HSRC 116593
M-F Nov 1 3:30pm-5:30pm HSRC 116594
M-F Dec 1 3:30pm-5:30pm HSRC 116595
M-F Dec 1 3:30pm-5:30pm HSRC 116596

Register online at:



www.NaturallyFun.org

Special Programs

Pre-Teen After School Program

The Pre-Teen After School Program offers two hours of supervision devoting one hour each to homework and sport activities. Staff will pick up your child if they attend Johns or Rankin Elementary. Immediately following school dismissal, a staff member will meet the children at a designated area in front of their school and walk them to HSRC. The program operates on a first come first serve basis and will follow the AISD calendar and will not be held on early dismissal days.

Age: 9-12			\$30 / Month	
M-F	Aug 24	3:30pm-5:30pm	HSRC	116623
M-F	Aug 24	3:30pm-5:30pm	HSRC	116624
M-F	Sep 1	3:30pm-5:30pm	HSRC	116625
M-F	Sep 1	3:30pm-5:30pm	HSRC	116626
M-F	Oct 1	3:30pm-5:30pm	HSRC	116627
M-F	Oct 1	3:30pm-5:30pm	HSRC	116628
M-F	Nov 1	3:30pm-5:30pm	HSRC	116629
M-F	Nov 1	3:30pm-5:30pm	HSRC	116630
M-F	Dec 1	3:30pm-5:30pm	HSRC	116631
M-F	Dec 1	3:30pm-5:30pm	HSRC	116632

After School at DLRC Googley Gobbly Goo

It's fall and time to get ready for all of the exciting holidays coming up. This month will be full of games, crafts, snacks and tons of sports. Come get in on the fall fun!

Age: 5-12			\$115 / 22 Classes	
M-F	Oct 1	3:20pm-6:30pm	DLRC	116126
M-F	Oct 1	3:20pm-6:30pm	DLRC	116127
M-F	Oct 1	3:20pm-6:30pm	DLRC	116128

Nothin'-But-Fun

What are the best things about going to school? Lunch, recess and YOUR FRIENDS! Spend the afternoon with friends playing games, having snacks and doing homework. Let's give thanks for our friends and family!

Age: 5-12			\$115 / 18 Classes	
M-F	Nov 2	3:20pm-6:30pm	DLRC	116130
M-F	Nov 2	3:20pm-6:30pm	DLRC	116131
M-F	Nov 2	3:20pm-6:30pm	DLRC	116132

Get Out! Get Active!
Get Stamped!

Pick up your Arlington Passport today.
See page 68 for program details.



Holiday Happiness

Not long to go before you get out for the BIG holiday break! Let's spend the last weeks having the time of our lives. We know how to bring in the fun right! DLRC will pick up from Duff, Dunn and Hill Elementary but all children are welcome. After-school care is not held on AISD school holidays.

Age: 5-12			\$80 / 14 Classes	
M-F	Dec 1	3:20pm-6:30pm	DLRC	116133
M-F	Dec 1	3:20pm-6:30pm	DLRC	116134
M-F	Dec 1	3:20pm-6:30pm	DLRC	116135



Home School Playtime at EORC

Home Schoolers' Day at EORC. Kids can participate in activities such as rock climbing, skating, basketball and indoor soccer. Group meets every Friday from 10:00 AM to 2:30 PM. Fees are \$5 (1 child), \$9 (2 children), \$14 (3 children), and \$17 (4 or more children). All participants must have facility cards including parents.

Age: 5-18				
F	Sep 4	10:00am-2:30pm	EORC	113848
F	Sep 11	10:00am-2:30pm	EORC	113849
F	Sep 18	10:00am-2:30pm	EORC	113850
F	Sep 25	10:00am-2:30pm	EORC	113851
F	Oct 2	10:00am-2:30pm	EORC	113852
F	Oct 16	10:00am-2:30pm	EORC	113854
F	Oct 23	10:00am-2:30pm	EORC	113855
F	Oct 30	10:00am-2:30pm	EORC	113856
F	Nov 6	10:00am-2:30pm	EORC	113857
F	Nov 13	10:00am-2:30pm	EORC	113858
F	Nov 20	10:00am-2:30pm	EORC	113859
F	Dec 4	10:00am-2:30pm	EORC	113861
F	Dec 11	10:00am-2:30pm	EORC	113862
F	Dec 18	10:00am-2:30pm	EORC	113863



Cooking

Navigating 9th Grade

The transition into high school is a critical time. Let Navigating 9th Grade be your child's guide on the road map to successful completion of freshman year. Students meet with a 'Guide' one hour each week to set goals, plan how to accomplish them and discuss any road blocks to success they encounter. This program is designed to train your child how to take control of his education and establish behavior patterns consistent with success. Fee includes a weekly planner. Register early as there is a 10 person limit. This program is ongoing, so if you are interested please contact CNRC if the program has already started, we'll get you registered!

Ages: 13-16
 Su Aug 16 5:00pm-6:00pm **\$125 / semester**
 CNRC 109723

Cooking

Baking with Jan

Are you afraid to break an egg? Don't know the difference between baking soda and baking powder? Jan has the answers and is ready to teach you how to create delicious cakes, cookies, pies and more.

Age: 13 and up
 Tu Sep 8 6:00pm-7:00pm **\$45 / Month**
 Tu Oct 6 6:00pm-7:00pm EORC 114149
 Tu Nov 3 6:00pm-7:00pm EORC 114150
 Tu Nov 3 6:00pm-7:00pm EORC 114151



Cooking 101

Calling all Chefs! In this fun and exciting class young chefs will learn how to create yummy culinary masterpieces. Learn the basics on measuring, preparing food and putting dishes together. Bring your appetite because we'll taste what we make!

Ages: 6-12
 M Sep 14 6:00pm-6:50pm **\$40 / Month**
 M Oct 5 6:00pm-6:50pm CNRC 117674
 M Nov 2 6:00pm-6:50pm CNRC 117675
 M Nov 2 6:00pm-6:50pm CNRC 117676

Cooking Up A Story

Join us for a class that combines great stories, yummy snacks and awesome crafts! In each class we will read a story and make a snack or a related craft. Parents must stay for the fun.

Age: 1-4
 Th Sep 10 10:30am-11:00am **\$30 / Month**
 Th Oct 8 10:30am-11:00am DLRC 115835
 Th Nov 5 10:30am-11:00am DLRC 115836
 Th Dec 3 10:30am-11:00am DLRC 115837
 Th Dec 3 10:30am-11:00am DLRC 115838

Mini Chefs

Do your little ones love to help out in the kitchen? They will have fun learning how to clean vegetables, measure and pour ingredients and even making a fun snack or two.

Age: 4-7
 W Sep 9 4:30pm-5:15pm **\$39 / Month**
 Tu Oct 13 4:30pm-5:15pm EORC 114152
 Tu Oct 13 4:30pm-5:15pm EORC 114153



One Dish Wonders

Quick meals for busy families? Who doesn't need that? It seems there is never enough time to think about dinner preparation every night. Learn to make these one dish meals to suit every family fast paced life.

Age: 13 and up
 Tu Sep 8 7:15pm-8:30pm **\$52 / 4 Classes**
 Tu Sep 8 7:15pm-8:30pm EORC 114148

Special Interest

Parent and Me Cooking Class

Join us in the kitchen as we roll up our sleeves and learn how to cook! We will take a look at some of our favorite recipes and even make up some new ones. This is a parent interaction class so plan on staying for the entire class time.

Age: 13 and up			\$45 / Month	
M	Sep 14	5:00pm-5:50pm	CNRC	117727
M	Oct 5	5:00pm-5:50pm	CNRC	117728
M	Nov 2	5:00pm-5:50pm	CNRC	117729

Southern Homestyle Cooking

What is homestyle cooking? It's taking those recipes that have been handed down from generation to generation, those recipes for warm, rich, comforting foods you grew up with and loved.

Age: 13 and up			\$52 / 4 Classes	
Tu	Oct 6	7:15pm-8:30pm	EORC	114155



Tastes of Italy

The taste of delicious pasta and lasagna lingers in your mouth. You see mouth watering pizzas being made with interesting sauces and you wonder just how easy it would be for you to learn how to make authentic Italian cuisine.

Age: 13 and up			\$52 / 4 Classes	
Tu	Nov 3	7:15pm-8:30pm	EORC	114156

Acting and Theatre

Have a blast learning about developing characters, emotions, plot, stage direction and many other important aspects of acting and theatre. The class will present a short skit at the end of the session.

Age: 8-12			\$30 / Month	
Tu	Sep 8	5:00pm-5:50pm	DLRC	115787
Tu	Oct 6	5:00pm-5:50pm	DLRC	115789
Tu	Nov 3	5:00pm-5:50pm	DLRC	115790
Tu	Dec 1	5:00pm-5:50pm	DLRC	115791

Camping 101

Love the outdoors? Want to learn about the wilderness? In this class we will learn the fundamentals of camping such as, setting up a camp site, learning about wildlife, cooking outdoors, hiking and much more! The course will end with an overnight campout!

Age: 6-12			\$50 / 6 Classes	
Tu	Sep 8	5:30pm-6:30pm	EORC	114042
Tu	Oct 20	5:30pm-6:30pm	EORC	114043



Engineering Marvels

Ever wanted to build a bridge? A castle? How about a catapult? Now's your chance! By using everyday objects young engineers will learn how to turn their dreams into reality. Let creativity come to life!

Age: 6-12			\$32 / Month	
Tu	Sept 8	5:00pm-6:00pm	CNRC	117684
Sa	Sept 12	10:30am-11:30am	CNRC	117681
Tu	Oct 6	5:00pm-6:00pm	CNRC	117689
Sa	Oct 10	10:30am-11:30am	CNRC	117682
Tu	Nov 3	5:00pm-6:00pm	CNRC	117690
Tu	Dec 1	5:00pm-6:00pm	CNRC	117683

Special Interest

Ghosts, Goblins and Goo, Oh My!

Kids bring your mom or dad to the DLRC for crafts, games, light refreshments and trick-or-treat fun! Wear your costumes because we will be trick-or-treating through the center. Registration deadline is October 21st. \$5 per person, minimum one adult registration required.

Age: All ages **\$10 / 1 Classes**
Th Oct 29 9:30am-11:00am DLRC 115987

Kayaking for Kids

Love the water? Join us as we learn to kayak and explore Arlington's new paddling trail. Kayak, paddles and life vest provided. Class size is limited.

Location: Richard Simpson Park

Age: 10-16 **\$45 / 1 Classes**
Sa Sep 12 9:00am-3:00pm 114161
Sa Sep 26 9:00am-3:00pm 114162

Family and Friends Kayak/Canoe Days!

Bring out your family and friends and join us on Lake Arlington for some fun in the sun! You can either bring your own kayak or canoe or rent one from us! Supplies are limited so sign up early! Life vest included.

Age: 6-12 **\$15 - 25**
Sa Sept 19 5:00pm-5:50pm EORC
Sa Oct 10 5:00pm-5:50pm EORC

Hit me with your best shot!

Enter the Naturally Fun Photo Contest. See page 69.

Register online at:



www.NaturallyFun.org

Skating for Beginners

Learn the fundamentals of skating, including how to start, stop and turn.

Age: 4-10 **\$30 / 4 Classes**
M Sep 14 5:30pm-6:30pm EORC 115423
Th Sep 17 6:00pm-7:00pm EORC 118124
Sa Sep 19 9:00am-10:00am EORC 118125

Super Scientists

Come explore the wonderful world of science in this hands-on course. Here we will explore the fields of biology and chemistry while conducting some wild and wacky experiments.

Age: 6-12 **\$32 / Month**
Tu Sep 8 6:00pm-6:50pm CNRC 117723
Tu Oct 6 6:00pm-6:50pm CNRC 117724
Tu Nov 3 6:00pm-6:50pm CNRC 117725
Tu Dec 1 6:00pm-6:50pm CNRC 117726



Nature Classes

Eco-Adventures

Ever wanted to learn more about the world around you? Well now you can! This exciting class will teach you all about the different habitats found in our own backyards. Participants will go on nature walks, create fun projects and do fun experiments involving nature!

Age: 6-12 **\$30 / Month**
W Sep 9 5:00pm-5:50pm CNRC 117677
W Oct 7 5:00pm-5:50pm CNRC 117678
W Nov 4 5:00pm-5:50pm CNRC 117679
W Dec 2 5:00pm-5:50pm CNRC 117680

Special Interest

Nature Explorers

Do you enjoy nature and wildlife? This class will teach you about bird watching, wildlife photography, plant identification, hiking, journaling and much more. This is an interactive class so come prepared to get dirty! Some weeks we will be off-site.

Age: 7-12		\$45 / 4 Classes	
Sa	Sep 12	10:30am-12:00pm	EORC 114053
Sa	Oct 10	10:00am-12:00pm	EORC 114054
Sa	Nov 7	10:00am-12:00pm	EORC 114055



Nature Tots

Preschoolers discover nature and all it has to offer! From nature walks to studying creepy crawly insects your preschooler will have a blast learning!

Age: 3-5		\$32 / 4 Classes	
F	Sep 11	10:00am-10:45am	EORC 114057
F	Oct 9	10:00am-10:45am	EORC 114058
F	Nov 6	10:00am-10:45am	EORC 114059

Ocean Creatures

Let's dive in and learn about all the fun animals living in the ocean! We will study many waterfront friends including the seagull, dolphin, whale, crab and more! We will also have sand play time and simulate waves with sheets!

Age: 3-5		\$49 / 8 Classes	
M, W	Oct 5	9:00am-10:30am	EORC 114160

Get Out! Get Active!
Get Stamped!

Pick up your Arlington Passport today.
See page 68 for program details.



Education

CPR Basic Training

Learn the Basic Life Saving (CPR) skills for children and adults. This is a certification course through American Heart Association. Card is valid for two years.

Age: 8 and up		\$35 / 1 Classes	
Sa	Sep 19	9:00am-12:00pm	EORC 113825
Sa	Nov 14	9:00am-12:00pm	EORC 113826



Beginning Sign Language

Come learn the basics of American Sign Language. In this course we will learn letters, numbers and common phrases. Learn how to express yourself in a new and creative way.

Age: 6 and up		\$30 / Month	
Th	Sep 10	5:00pm-5:50pm	CNRC 117623
Th	Oct 1	5:00pm-5:50pm	CNRC 117623
Th	Nov 5	5:00pm-5:50pm	CNRC 117623
Th	Dec 3	5:00pm-5:50pm	CNRC 117623

German

Guten Tag!! Come learn the language of the Duetsch in this fun interactive class. Participants will learn colors, numbers and letters. As well as common German phrases.

Ages: 6-12		\$32 / Month	
Sa	Sep 12	2:00pm-3:00pm	CNRC 117731
Sa	Oct 10	2:00pm-3:00pm	CNRC 117732
Sa	Nov 7	2:00pm-3:00pm	CNRC 117733



Naturally Fun Neighborhoods

Come Out
and Enjoy Free
Neighborhood Fun with
Arlington Parks and Recreation!

Cliff Nelson Recreation Center 20th Anniversary Celebration

4600 W. Bardin Road

Tuesday, August 18, 5-8pm

Featuring: Fishing, Arts & Crafts,
Sidewalk Chalk, Fitness Demos,
Program Discounts and Free Food



Carl Knox Park Cook Children's Health Fair and Neighborhood Event

1200 Susan Drive

Saturday, September 12, 10am-2pm



Featuring: Free Health Screenings,
Advice and Services, Soccer,
Basketball, Arts & Crafts,
Balloon Art, Music and the
Home Depot Kid's Workshop

Don Misenhimer Park and Trinity Trash Bash

Saturday September 19,

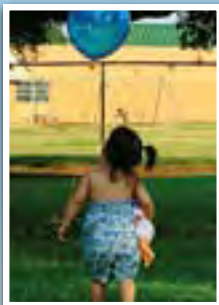
201 E Lonesome Dove Trail

Trinity Trash Bash - 9am - Noon

Naturally Fun Neighborhoods - Noon - 2pm

Featuring: Soccer, Basketball, Bounce
Houses, Free Food, and the Trinity Trash Bash.

If you are interested in joining the community clean-up
go to www.volunteermatch.org.



Family Campout at Veterans Park*

Friday October 16, 4pm-7am,
3600 W Arkansas Lane

Featuring: Tent Decorating Contest,
Movie Time, Campfire Sing-a-Long,
S'mores, Sleeping Bag Story Time
and Overnight Campout.

You may bring your own tent or rent one from us.

Fee is \$10 per camper; children under 2 are FREE.

Naturally Fun Neighborhoods 
Building Strong and Safe Neighborhoods Through Recreation

* Registration and fee required.



**Naturally Fun Neighborhood events have
been recognized as official days of play.**



For event details go to www.naturallyfun.org • 817-459-5474

Movies in the Park

Enjoy a night filled with stars when you bring family and friends to Arlington Parks and Recreation's Movies in the Park.

All movies are free admission. Concessions will be available for a nominal charge. Movies begin at dusk and are subject to current weather conditions.

Inkheart

July 31

Levitt Pavilion at
Founders Plaza

Barnyard

August 14

Levitt Pavilion at
Founders Plaza

How to Eat Fried Worms

September 25

Veterans Park

Little Big League

October 17

Randol Mill Park



WANTED

— DANCERS FOR —

Mother & Son Country Festival

SATURDAY, NOVEMBER 14, 2009 ★ 6-8:30PM

ELZIE ODOM RECREATION CENTER

1601 NE GREEN OAKS BLVD., ARLINGTON, 76006

**HAYRIDES ★ GAMES ★ MUSIC BY DJ PEZZ
REFRESHMENTS ★ PHOTOS**

SPACE IS LIMITED SO REGISTER EARLY!

\$25 PER COUPLE - THROUGH 11/7

\$35 PER COUPLE - AFTER 11/7

(\$10 PER ADDITIONAL SON)

**GRAB
YOUR PARTNER
AND COME JOIN
THE FUN!**

For more information
on the Mother & Son
Country Festival call
817-459-6434.

**ATTIRE:
WESTERN**



Breakfast with Santa / Olde Town Christmas



Olde Town Christmas

You're invited to share the season with us at Dottie Lynn Recreation Center. Our annual craft fair is always a joyous occasion for young and old. You are sure to find that special gift that will make your Christmas memorable. In the afternoon, sounds of the season will fill the air as you shop. Craft Fair will begin at 10 am and close at 3 pm. Santa will visit us and have time to hear everyone's long list. Homemade goodies and concession will be available all day. Vendors are able to reserve their space(s) beginning September 1. For more information on booths, please call 817-277-5001.

Age: 1-100

Sa Dec 5

10:00am- 3:00pm Dottie Lynn Recreation Center

\$35 / 1 Class
115349

Breakfast with Santa

He's making a list, and checking it twice. He's going to find out who's naughty and nice. Santa Claus is coming to town! And he's stopping by Cliff Nelson Recreation Center to enjoy breakfast and other holiday activities with all our guests. Join us for a great holiday event for the whole family. Children will enjoy making holiday crafts and visiting with someone special, too. Space is limited, so mark your calendars today and make this a holiday tradition! \$8 per person, minimum of one adult required per registration.

Dec 12 8:00am-11:00am





Holiday Camp

Day Off Day Camp

Spend your day off with the staff at DLRC. We will have a day jam-packed with activities such as gym sports, games, arts and crafts, movies and much more. Campers should bring a sack lunch. Your afternoon snack will be provided. Pre-registration required.

Age: 5-12				\$40
F	Oct 9	6:30am-6:30pm	DLRC	115988
M	Oct 12	6:30am-6:30pm	DLRC	115989
W	Nov 25	6:30am-6:30pm	DLRC	115990

Winter Break Camp

Camp includes games, holiday crafts and much more. Child needs to bring lunch and drink each day. An afternoon snack will be provided.

Age: 5-12				\$110 / week
M-Th	Dec 21	6:30am-6:30pm	CNRC	116825
M-Th	Dec 21	6:30am-6:30pm	DLRC	114141
M-Th	Dec 21	6:30am-6:30pm	EORC	114146
M-Th	Dec 21	6:30am-6:30pm	HSRC	116633
M-Th	Dec 28	6:30am-3:00pm	EORC	114147
M-Th	Dec 28	6:30am-6:30pm	DLRC	115991
M-Th	Dec 28	6:30am-6:30pm	HSRC	116634
M-Th	Dec 28	6:30am-6:30pm	CNRC	116826

X-Treme Teen Camp

Tired of staying at home bored? Too old for day camp? Try out our new X-Treme Teen Camp featuring new and exciting activities each day! We will take several field trips each week and have great activities are planned for the days we stay at the center.

Ages: 11-15				\$130 / week
M-Th	Dec 21	9:00am-5:00pm	EORC	117873
M-Th	Dec 21	9:00am-5:00pm	DLRC	118373
M-Th	Dec 21	9:00am-5:00pm	CNRC	116823
M-Th	Dec 28	9:00am-5:00pm	EORC	117874
M-Th	Dec 28	9:00am-5:00pm	DLRC	118734
M-Th	Dec 28	9:00am-5:00pm	CNRC	116824

Tennis Holiday Camps for Juniors

Arlington Tennis Center junior tennis camps are designed for all levels of players aged 7-17. QuickStart (ages 7-10) and Beginner (ages 11-17) camps introduce the fundamentals of tennis in a fun and games format. Performance camps are designed for advanced, high school and qualified players. All camps are taught and supervised by USPTA certified professionals to ensure the highest quality instruction.

\$60 / 2 Camp Dates			
M-Tu	Dec 21	9:00am-12:00pm	115143
M-Tu	Dec 28	9:00am-12:00pm	115144



Register online at:

 www.NaturallyFun.org

Get Out! Get Active!
Get Stamped!

Pick up your Arlington Passport today.
See page 68 for program details.



Travel

Travel Texas

Enjoy the natural beauty of the great state of Texas. Join us as we travel to Lake Mineral Wells for an exciting camping trip. Enjoy hiking, rock climbing and canoeing. All trips include lodging, activities and most meals.

Oct 2-4, 2009

Age: 12 and up \$75 / person
Call EORC for more information.

2009 Travel Calendar

Mediterranean Cruise

Set sail with us as we go on the cruise of a lifetime! We will visit ports in Spain, Italy, Rome, France and more.

Trip includes roundtrip airfare and transfers, all meals while on board the ship, taxes, and port charges.

November 7-14

Inside Cabin: \$2,477
Ocean View Cabin: \$2,767
Balcony Cabin: \$2,927
Deposit of \$350 by June 1;
Final Payment due by
August 7, 2009.

Heritage of America Trip

Come along with us as we take a step back in history. We will begin our trip in New York City. Then head to Philadelphia and Lancaster. Next we will stop in at Gettysburg and Shenandoah Valley. Then trek on over to Charlottesville and Williamsburg. Our final days will be spent in Washington DC! A guided tour will be with us to tell us all about the details of each place we visit. All travel costs, transfers, hotels, flights, and 12 meals are included in the total price.

Sign up now with a deposit to hold your space.

April 17-25, 2010

\$2,549 for a double room. Sign up by 12/15/09
with a \$250 deposit to hold your space.
Final payments are due by 2/15/10.





Mature Adults

Destination Travel

Mediterranean Cruise

Our trip will depart from Barcelona, Spain, then on to Cannes, France, Portofino, Italy, Florence/Pisa, Italy, Rome, Italy, Naples/Capri, Italy, and then back to Barcelona, Spain. Includes round trip transfers to the airport, roundtrip airfare, all meals while on board the ship, taxes, and port charges. (Not included are any meals while in route or off the ship, fuel surcharge, and excursions.)

Cost: \$2,446 (inside cabin)
\$2,996 (balcony cabin)
Location: Depart from SRCE
Day/Time: Nov 7-14, 2009

Heritage of America

Presented by Collette Vacations
Let's take a trip to the Heart of America. Our trip will take us to New York City, Philadelphia, Lancaster, and Gettysburg, PA, Shenandoah Valley, Charlottesville and Williamsburg VA, and Washington, D.C.

Cost: \$2,549 / Double
Location: Depart from SRCE
Date: Apr 17-25, 2010

Are you looking for a great way to spend your time and give back to the community?

Join the Parks and Recreation Senior Volunteer Program. We need help with the following programs:

Teach Classes
Prime Time Lunch
Bingo
Friday Night Dances
Special Events and Birthday Parties

For more information call either of the Senior Centers.

Day Trips

Casino Trips

Visit various Casinos. You will receive an assortment of gaming packages upon arrival.

Choctaw Casino - Durant, OK

Cost: \$10
Location: SRCNY
Day/Time: Sep 15, 7:30am-8:00pm

Winstar Casino - Thackerville, OK

Cost: \$10
Location: SRCE
Day/Time: Nov 17, 7:30am-8:00pm



Red Hat Trips

We believe silliness provides comedy relief for life and we share a bond of affection forged by common life experiences. Our official chapter name "The Arlington Day Dreamers" enjoy monthly outings or social events around the metroplex destinations or at the Senior Centers.

Trinity River Audubon Center

Cost: \$10
Location: SRCE
Day/Time: Sep 16, 10:30am-2:30pm

Casserole Carry In

Location: SRCE
Day/Time: Oct 21, 11:00am-1:00pm

David's BBQ

Day/Time: Nov 18, 11:30am-1:30pm

Mercado Juarez

Day/Time: Dec 9, 11:00am-1:00pm

Hit me with your best shot!

Enter the Naturally Fun Photo Contest. See page 69.

Mature Adults



Trips

Join us as we explore DFW and other venues not far from home. Day trips depart the Senior Recreation Centers multiple times each month to various local attractions, eateries and special destinations. Complete trip information can be found at the Senior Recreation Centers.

Legends of the Game Baseball Museum and Texas Rangers Ballpark Tour

Cost: \$18
Location: SRCE
Day/Time: Thu, Sep 10, 10am

Lake Texoma Fishing Trip

Cost: \$45
Location: SRCNY
Day/Time: Mon & Tue, Sep 28 & 29, 8am

Texas State Fair

Cost: \$10
Location: SRCE
Day/Time: Thu, Oct 8, 8:30am

Vetro Glassblowing Studio & Gallery

Cost: \$10
Location: SRCE
Day/Time: Wed, Oct 14, 9:30am

Ft. Worth Zoo

Cost: \$14
Location: SRCNY
Day/Time: Wed, Nov 4, 8:30am

Collin St. Bakery & Russell Stover's Candy Factory

Cost: \$15
Location: SRCNY
Day/Time: Thu, Nov 12, 7:30am

Lone Star Park Horse Races

Cost: \$10
Location: SRCE
Day/Time: Wed, Nov 18, 5:30pm

Gaylord Texas at Christmas & Ice Show

Cost: \$32 (No Ice Show \$10)
Location: SRCE
Day/Time: Fri, Dec 11, 4:30pm

Senior Dance

Country and Western Dance Lessons

Join us for an afternoon of social dancing. Learn the 2-Step, 3-Step, Double 2-Step, Country Waltz, Cotton-Eyed Joe, Schottische, Texas Polka and Line Dancing.

Cost: \$10 / month
Location: SRCE
Day/Time: Wed, 2:00pm-3:00pm



Ballroom Dance Lessons

Join us for an afternoon of social dancing. Learn dances including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango, Samba, Salsa and Meringue.

Cost: \$10 / month
Location: SRCE
Day/Time: Wed, 3:00pm-4:00pm

Friday Night Band Dance

Live bands perform each Friday and theme dances occur frequently. Light refreshments are served.

Cost: \$5 / dance
Location: SRCE
Day/Time: Fri, 7:00pm-9:30pm

Mature Adults

Intermediate Line Dancing

Enjoy an afternoon of line dancing. This class is more advanced than a beginners' class, so come ready to challenge yourself.

Cost: \$3 / class
Location: SRCE
Day/Time: Fri, 1:30pm-3:00pm

Line Dance Lessons

Step-by-step method for learning fun dynamic line dances.

Cost: \$1 / class
Location: SRCE
Day/Time: Tue, 1:30pm-3:00pm

Wednesday Dance

Dance to Country Western, Big Band and other favorite hits. Our DJ spins the records while you enjoy line, chair and partner dancing.

Cost: Free
Location: SRCNY
Day/Time: Wed, 10:00am-11:30am

Mel's Round Dance

Round dancing at it's best. Come see what it's all about.

Cost: Contact SRCE for more information
Location: SRCE
Day/Time: 1st and 3rd Thur/month, 7:00pm-9:30pm

Merry Rounders

Round dancing on Monday nights has never been so fun.

Cost: Contact SRCE for more information
Location: SRCE
Day/Time: Mon, 7:00pm-9:30pm

Register online at:



www.NaturallyFun.org

Levi's and Lace

Square dance your Saturday night away!

Cost: Contact SRCE for information
Location: SRCE
Day/Time: 1st and 3rd Sat/month, 7:00pm-10:00pm

Music

Joyful Singing

Sing along to your favorite old time and new hymns.

Cost: Free
Location: SRCNY
Day/Time: Tue, 10:30am-11:30am

Kitchen Band

You'll be full of laughs and smiles as you join Arlington's very own kitchen band. Bring a harmonizing voice and any kitchen bowl and spoon to bang on. This group performs for special events in the area.

Cost: Free
Location: SRCE
Day/Time: Mon, 2:00pm-4:00pm

Music 101

Learn about the following from the most basic point of view: the STAFF, scale, notes, intervals, chords, chord construction, chord progression, melody, harmony, and meter. Instruments and class materials will be provided.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon, 2:00pm-3:00pm

Ukulele Lessons

Join us on Mondays and learn to play the ukulele.

Cost: Free
Location: SRCE
Day/Time: Mon, 11:30am-12:30pm

Hit me with your best shot!

Enter the Naturally Fun Photo Contest. See page 69.

Mature Adults

Ukulele Band at SRCE

Hawaiian Music is relaxing and you can learn how to play it yourself on a ukulele!

Cost: Free
Location: SRCE
Day/Time: Mon, 12:30pm-2:00pm



Art

Craft Club

Knit or crochet hats, blankets and booties for area charities. Our sponsor, National Semi Conductor, provides yarn and supplies as needed.

Cost: Free
Location: SRCE
Day/Time: Mon, 9:00am-12:30pm

Watercolor Painting

Control the flow of color with water and discover different looks by using a variety of papers and painting techniques.

Cost: \$28 / month
Location: SRCE
Day/Time: Mon, 1:00pm-4:00pm

WET Club

Watercolor Every Tuesday is a group that gets together each week to paint with friends. Join this group and share ideas and techniques on how to paint beautiful pictures. A relaxing environment to allow you to work at your own pace.

Cost: Paid to club leader
Location: SRCE
Day/Time: Tue, 9:00am-1:00pm

Oil Painting

Capture your favorite picture with paint. Learn the basics needed to create paintings you have always hoped to put on canvas.

Cost: \$28 / month
Location: SRCE
Day/Time: Wed, 1:00pm-4:00pm



Stitch-N-Beads

Get new ideas for gifts as well as items to sell. Work independently on your own crafts while visiting with friends.

Cost: Free
Location: SRCNY
Day/Time: Thur, 10:00am-11:30am

Exercise

Balanced Power

Hand weights and resistance bands are used to achieve endurance, strengthening, body alignment, coordination and deep stretching.

Cost: \$10 / month
Location: SRCNY
Day/Time: Tue/Fri, 8:30am-9:15am

Cardio Fitness

Jump start your metabolism with advanced stretching weights and cardio exercise.

Cost: \$10 / month
Location: SRCNY
Day/Time: Tue/Fri, 1:00pm-1:45pm

Mature Adults

Exercise

A relaxing, highly effective workout designed to help reduce stress while working to rejuvenate and tone your muscles. This class uses low impact exercises to help you get and stay in shape.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon/Wed/Thu, 9:45am-10:30am

Parkinson's Support & Exercise

Class meets twice a week. Special program on the 2nd Monday of each month.

Cost: Free
Location: SRCNY
Day/Time: Mon 10:00am-11:00am, Thu 2:00pm-3:00pm

Pilates

Pilates focuses on core strength and stability. Our class will emphasize working at a basic level while building a strong foundation to increase your core strength.

Cost: \$10 / Month
Location: SRCE
Day/Time: Tue/Thu, 11:00am-11:45am

Strength Training

Light cardio with hand weights, exercise bands, poles and chairs.

Cost: \$10 / month
Location: SRCNY
Day/Time: Mon/Wed/Fri, 8:45am-9:30am

Tai Chi

Tai Chi is gentle on the muscles and effective in increasing mobility, flexibility, coordination and bone density without causing fatigue. Improve posture and balance with easy flowing movements.

Cost: \$12 / once a week or \$20 / twice a week
Location: SRCNY
Day/Time: Mon/Fri, 9:45am-11:00am

Weight Room Class

Learn how to use the exercise room at SRCE in a fun class setting. Free weights, cardio equipment and proper use of machines will be taught.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon/Wed, 10:30am-11:15am

Yoga Class

Diminish stress and bring your mind, body and soul together. Notice a difference in your breathing and the way you relax.

Cost: \$10 / month
Location: SRCE
Day/Time: Mon/Wed, 8:45am-9:30am

Zumba Gold

A fusion of Latin/International music and dance themes such as salsa, tango, belly dancing and much more. Fitness has never been so much fun!

Cost: \$40 / 10 classes
Location: SRCE
Day/Time: Tue/Fri, 9:30am-10:15am

Arthritis In Motion

This program, offered by certified instructors in partnership with the local Arthritis Foundation Chapter is designed to help those who have joint and/or muscle problems to achieve improved joint mobility, muscle strength and endurance.

Cost: \$18 / month
Location: CNRC
Day/Time: Mon/Wed, 9:30am-10:15am

Strength Training Plus

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of class.

Cost: Fitness Plus Membership required
Location: CNRC
Day/Time: Mon/Wed/Fri, 8:15am-9:15am

Mature Adults

Senior Exercise

Group exercise including flexibility, balance and strength done to big band and swing music. Learn proper technique in use of free weights, bands and tubes.

Cost: \$10 / month
Location: DLRC
Day/Time: Tue/Thur, 8:00am-9:00am



Senior Cardio at Cliff Nelson

Senior Cardio at Cliff Nelson Recreation Center.

Cost: Fitness Plus membership required
Location: CNRC
Day/Time: Mon/Wed/Fri, 8:15am-9:15am

Health and Wellness

Flu Shot

If you are on Medicare Part B or have a HMO it will be FREE, but you must bring your Medicare card. Otherwise, you must pay \$18. No Facility Card is required and this is open to all ages.

Cost: Free or \$18
Location: SRCNY
Day/Time: Mon, Oct 5, 10:00am-2:00pm

Pneumonia Shot

If you are on Medicare Part B or with a HMO it will be FREE, but you must bring your Medicare card. Otherwise, you must pay \$43. No Facility Card is required and this is open to all ages.

Cost: Free or \$43
Location: SRCNY
Day/Time: Mon, Oct 5, 10:00am-2:00pm

Blood Pressure Check

Free blood pressure checks are available on the first and third Wednesday of the month on a first come, first served basis.

Cost: Free
Location: SRCNY
Day/Time: Wed, 11:15am-12:00pm

Drop in Activities

Supper Club

Check monthly Senior Center calendars for complete list of restaurants. RSVP to SRCNY.

Cost: Free
Location: Varies
Day/Time: 2nd Tue/month, 5:00pm at restaurant location

Advanced/Competitive Bridge

Play cards and visit with some of the best people in the metroplex.

Cost: Free
Location: SRCE
Day/Time: Mon/Tue/Wed/Fri, 1:00pm-3:30pm



Beginner/Recreational Bridge

Recreational bridge class for beginners to learn how to play the game.

Cost: Free
Location: SRCE
Day/Time: Thur, 1:00pm-3:30pm

Mature Adults

Billiards at SRCE

Did you know the Game Room at SRCE has a freshly covered billiards table? Bring a friend and enjoy a game!

Cost: Free
Location: SRCE
Day/Time: Mon-Fri, 8:30am-5:00pm

Darts at SRCNY

Check out our dart boards featuring digital scorekeeping, voice instructions and soft-tipped darts.

Cost: Free
Location: SRCNY
Day/Time: 8:00am-4:00pm

Card Games

Crave a little competition? Join us on Tuesdays for some fellowship while playing card games.

Cost: Free
Location: SRCNY
Day/Time: Tue, 9:30am-4:00pm

Fitness Walking

Come join us for a great morning exercise. A group meets to walk in the mornings to get their blood flowing.

Cost: Free
Location: HSRC
Day/Time: Mon/Wed/Fri 8-8:30am

Games Night

Join us for an evening of Dominoes, Pinochle, Canasta, Bridge, Cribbage and other games. Bring snacks to share. Coffee is provided.

Cost: Free
Location: SRCE
Day/Time: Mon/Thur, 5:30pm-9:30pm

Helping Hands Food Pantry

Join us for the Prime Time lunch five times and the Prime Time breakfast three times within a month and you can sign up to receive groceries. Spaces are limited and on a first come first serve basis.

Cost: Free
Location: SRCNY
Day/Time: Fri, 8:00am-12:30pm

Movies

Spend the morning sitting back and enjoying a bag of popcorn and a nice cold drink while watching a great movie. Look for the monthly calendars to see what's showing.

Cost: Free
Location: SRCNY
Day/Time: Fri, 9:30am-11:30am

Bingo in The Afternoon

Bring non-perishable grocery items for bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Cost: Free
Location: SRCNY
Day/Time: Tue, 3:00pm-5:00pm



Potluck Bingo

Join in the fun at potluck Bingo! Dinner starts at 5PM and Bingo is played following dessert! In addition to bringing a potluck dish, bring a gift that does not cost more than \$2 in a brown bag for a bingo prize.

Cost: Free
Location: SRCNY
Day/Time: 4th Tue, 5:00pm-8:00pm

Mature Adults

Super Bingo

Bring nonperishable grocery items to be used as bingo prizes. Items can be: canned goods, facial tissue, candles, air fresheners, etc.

Cost: Free
Location: SRCNY
Day/Time: 3rd and 5th Fri, 10:00am-11:30am

Prime Time Lunch

Join us for lunch with great conversation and fun games. Senior Citizens Services provides lunch to persons 60+ years of age and their spouse. Reservations are required by noon at least one day in advance - 817-460-5009. Lunch will not be served Apr 12, May 25, and July 4.

Cost: \$2 donation
Location: SRCNY
Day/Time: Daily, 11:30am-12:30pm

Education

55 - Alive

Need a discount on your auto insurance? You can save up to 10% depending on your insurance carrier. Books, videos and participant interaction make the classes go by quickly. \$12 fee payable to AARP for AARP members and \$14 for non-members. Additional administrative fee of \$2 for facility members and \$5 for non-members.

Location: SRCE
Day/Time: Thu and Fri, 1:00pm-5:00pm

Photo Basics

Why spend big bucks on complicated photo editing software, when you can do it all FREE? Picasa by Google is a free software that will allow you to organize and edit digital photos. Picasa has file importing and tracking features, as well as tags and collections for further sorting. It also offers several basic photo editing functions, including color enhancement, red eye reduction and cropping. Other features include slide shows, printing and image timelines. Images can also be prepared for external use, such as for e-mailing or printing, by reducing file size and setting up page layouts. There is also integration with online photo printing services.

Cost: \$35 / month
Location: SRCE
Day/Time: Mon/Thur, 6:45pm-7:45pm

Social Networking

Sites like Myspace and Facebook are all the rage! They can connect you with people across the globe. You'll learn how to maximize the features for your networking benefit. Whether it's to connect with people with similar interests or to build your business, this is the way to maximize your social networking experience for FREE.

Cost: \$35 / month
Location: SRCE
Day/Time: Mon/Wed, 6:45pm-7:45pm



Intro to Internet

The World Wide Web is a vast virtual ocean with a myriad of wonders and dangers. Learn how to customize your browser for optimal performance, how to look up information, and how to troubleshoot minor connection problems. Protect yourself by learning how to cover your tracks from identity thieves, reduce spam, identity spoofing, and other similar types of scam.

Cost: \$35 / month
Location: SRCE
Day/Time: Mon/Thur, 6:45pm-7:45pm

**Get Out! Get Active!
Get Stamped!**

Pick up your Arlington Passport today.
See page 68 for program details.



Mature Adults

Intro to PC

Become confident and self-sufficient with computers once and for all. Learn what you really need to do, daily computer functions, avoid and solve problems, reduce dependence on others, and communicate effectively! Topics include standard keyboard and mouse procedures for text editing, saving and opening files, loading and exiting programs, navigating menus and toolbars and manipulating icons, windows and other graphical objects.

Cost: \$35 / month
Location: SRCE
Day/Time: Mon/Thur, 5:30pm-6:30pm

Education Sessions

Representatives from community organizations present free educational materials targeted for the mature adult. Check monthly calendars for topics.

Bingo with the Better Business Bureau
Presented by the Better Business Bureau

Location: SRCNY
Day/Time: Sep 1, 10:00-11:00am

Fall Festival Health Info
Presented by Golden Heritage
Home Health & Hospice Services

Location: SRCE
Day/Time: Oct 30, 11:00am-1:30pm

Social Security "Today"
Presented by the Social Security Office

Location: SRCNY
Day/Time: Nov 3, 10:00-11:00am

**Medicare & Medical Equipment –
What you don't know about Medicare can hurt you!**
Presented by Prescription Medical
Equipment and Supplies, Inc.

Location: SRCNY
Day/Time: Dec 10, 10:00am-11:00am

Room Rental

For room rental information turn to page 78.

Herb Growing Class

Learn to grow and use herbs in your home and kitchen. This class will spice up your life!

Cost: \$3 / class
Location: SRCE
Day/Time: 1st Tue/month, 12:00pm-1:00pm

Meditation for Health

Healing meditation with mantra and Yoga Mudra. Sponsored in part by IT Training. Come learn the healing effects of meditation with an experienced instructor. No prior experience needed and each class is independent.

Cost: \$4 / class
Location: SRCE
Day/Time: Tue/Thu, 9:45am-10:45am



Celebrations

39th Annual Craft Fair

Start your holiday shopping early. Come to the Craft Fair to find the best handmade items at the best prices. Vendor spaces available, contact SRCE for more information.

Cost: Free
Location: SRCE
Day/Time: Sat, Oct 3, 9:00am-4:00pm

Mature Adults

Senior Craft Sale at SRCNY

Seniors are offering craft items at the Senior Recreation Center New York. These items will be great for Christmas gifts. They will be setting up at the glassed end of the hall.

Cost: Free
Location: SRCNY
Day/Time: Thu, Dec 17, 9:00am–2:00pm



New Year's Eve Dance

Ring in the New Year with us in style! Refreshments and party favors will be provided. Purchase your ticket from a Sr. Advisory Board member or at the door for this annual event. This is the one big fund raiser for the Sr. Advisory Board whose proceeds help benefit the Senior Recreation Centers.

Cost: \$15
Location: SRCE
Day/Time: Thur, Dec 31, 8:00pm–12:00am

Thanksgiving Feast

Leave cooking and cleaning behind. Join us at SRCNY for the Annual Senior Thanksgiving Feast! Register in advance to guarantee your spot.

Cost: Free
Location: SRCNY
Day/Time: Fri, Nov 20, 11:00am–1:00pm

Deck the Halls

Join us as we sing carols, trim the tree and decorate the center for the holidays. Light refreshments served.

Cost: Free
Location: SRCE
Day/Time: Wed, Dec 2, 10:00–11:30am

Mayor's Holiday Luncheon

Join Mayor Robert Cluck during this annual holiday luncheon with festive entertainment and door prizes. Space is limited.

Cost: Free
Location: SRCE
Day/Time: Wed, Dec 16, 11:30am–1:00pm

Informational

Senior Advisory Board

Join the Senior Advisory Board and help make great changes and raise money for the senior centers! Meeting locations alternate between SRCE and SRCNY. See monthly activity calendars for locations.

Cost: Free
Location: Alternates between Senior Centers
Day/Time: Wed, 3:30pm–4:30pm

Organizations

Organizations

NARFE

The National Association of Retired Federal Employees meets the 3rd Monday of each month at 9:00 am at SRCE.

Oletimer's

Arlington natives meet on the 3rd Thursday of each month at 2:00 pm at SRCE.

RSEA

Retired School Educators of Arlington meet on the 3rd Tuesday of each month at 2:00 pm at SRCE. (Does not meet June – August)

Senior Men's Club

Meetings are held on the 2nd Wednesday of each month at 10:00 am at SRCE.

Senior Men's Golf

Meetings are held on the 1st and 5th Thursday of each month at 1:00 pm at SRCE.

Register online at:



www.NaturallyFun.org





Mature Adults

Senior Recreation Center Eunice

Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:45am	*Yoga		*Yoga		
9:00am	*Craft Club NARFE Mtg. (3rd Mon)	*WET Club			
9:30am		*Zumba Gold		*Exercise	*Zumba Gold
9:45am	*Exercise	*Meditation for Health	*Exercise	*Meditation for Health	
10:00am			Men's Club Meeting (2nd Wed)		
10:30am	*Weight Room Class		*Weight Room Class		
10:45am					
11:00am	Ukulele Lesson	*Pilates		*Pilates	
11:30am					
12:00pm		*Herb Growing (1st Tue)			
12:30pm	Ukulele Band				
1:00pm	*Watercolor Painting Bridge Adv/Comp	Bridge Adv/Comp	*Oil Painting Bridge Adv/Comp	*55-Alive (1st Thu) Senior Men's Golf (1st Th) Bridge Beg/Rec	Bridge Adv/Comp
1:30pm		*Line Dance			*Intermediate Line Dancing
2:00pm	Kitchen Band *Music 101	Retired Teacher Assn. (3rd Tue)	*Country and Western Dance Lessons	OLE Timer Meeting (3rd Thu)	
3:00pm			*Ballroom Dance Lessons		
3:15pm			*Internet 101		
3:30pm			Sr. Advisory Board (2nd Wed)		
5:30pm	Game Night *Step N Stretch *Intro to PC			*Intro to PC Game Night *Step N Stretch	
6:45pm	*Internet 101 *Photo Basics *Social Networking			*Internet 101 *Photo Basics *Social Networking	
7:00pm	Merry Rounders			Round Dance	Friday Night Dance

* Prices listed in class descriptions on previous pages.

Monthly Calender

Programs and Classes - Facility Card Required

Senior Recreation Center New York

Starts	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Fitness Walking		Fitness Walking		Fitness Walking
8:30am		*Balanced Power		*Balanced Power	
8:45am	*Strength Training		*Strength Training		*Strength Training
9:30am					Senior Movies (1st Fri)
9:45am	*Tai Chi				*Tai Chi
10:00am	Parkinson's Support & Exercise	Games	Wednesday Dance	Stitch 'N' Beads	Friday Super Bingo (3rd & 5th Fri) Birthday Parties (4th Fri)
10:30am		Joyful Singing			Food Pantry (2nd Fri)
11:15am			Blood Pressure Checks (1st and 3rd Wed)		
11:30am	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation	Lunch \$2 Donation
1:00pm		*Cardio Fitness		*Cardio Fitness	
2:00pm				Parkinson's Support & Exercise	
3:00pm		Afternoon Bingo (1st Tue)			
3:30pm			Sr. Advisory Board		
5:00pm		Pot Luck Bingo (4th Tue) Supper Club (2nd Tue)			

* Prices listed in class descriptions on previous pages.

**Check out the Craft Club display cases at both
Senior Recreation Centers.**

Arlington Public Library



You may be surprised at the variety of materials, services and resources available to you at the Arlington Public Library ... all you need is a library card!



Books, music, and movies are available for checkout but that's not all. We have business resources, downloadable audiobooks, genealogy resources, interlibrary loans, Learning Express (online preparation for academic and professional exams), meeting rooms, online book clubs, databases, programs and events, public access computers, Reference Information 24/7, Tell Me More (online language learning resource), tutoring for children and adults, WiFi Internet access, and more!

Locations and Hours of Operation:

George W. Hawkes Central Library

101 E. Abram St. (817) 459-6900
Monday through Thursday 9am – 9pm
Friday & Saturday 9am – 6pm
Sunday (Sept.-May) 2pm – 6pm

East Arlington Branch

1624 New York Ave. (817) 275-3321

Northeast Branch

1905 Brown Blvd. (817) 277-5573

Lake Arlington Branch

4000 W. Green Oaks Blvd. (817) 478-3762

Southeast Branch

900 S.E. Green Oaks Blvd. (817) 459-6395
This branch only-Open Sunday (Sept.-May) 2pm-6pm

Southwest Branch

3311 SW Green Oaks Blvd. (817) 459-6386

Woodland West Branch

2837 W. Park Row Dr. (817) 277-5265

Hours of Operation for all Branch Locations

Monday - Thursday 10am – 8pm
Friday & Saturday 10am – 5pm Sunday Closed

Check What's Happening at Arlington Public Library



Check Out What's Happening at the Arlington Library



Library Events for All Seasons

Monthly Book Clubs for Adults

Join one of these reading groups for lively discussions of a variety of books. For more information, please call the library location(s) where you would like to participate.

Evening Book Clubs:

- First Tuesday, Woodland West Branch, 7pm
- First Thursday, Lake Arlington Branch, 6:45pm
- Second Tuesday, Northeast Branch, 7pm
- Second Thursday, Southwest Branch, 6:45pm
- Third Thursday, Southeast Branch, 7pm

Morning Book Clubs:

- Second Wednesday, Southwest Branch, 11am
- Third Wednesday, Woodland West Branch, 11am

Arlington Reads

The Arlington Public Library's literacy center provides tutoring and other literacy programming for children, youth, and families. If you would like more information about becoming a volunteer tutor for children or adults, please call 817-275-3321.

Teen Arts Underground!

A space where teens ages 13 to 18 can create digital, literary and visual arts. The Studio is located on the basement level of the George W. Hawkes Central Library. Regular Studio hours are:
Monday-Thursday, 3-9pm
Friday, 3-6pm
Saturday, 9am-6pm
Sunday, 2-6pm

Story time Schedule

Each Arlington Public Library location offers a variety of free story times that include stories, rhymes, finger plays and/or songs. Children and parents may attend at any library location. Day cares and other large groups are welcome, but please call first. For specific times and locations, please call the library location where you would like to attend.

- Bouncing Babies for parents and their children birth to 2 years old
- Listener Story time for children 3 to 7 years old
- Toddler Time for children 2 to 3 years old
- Family Story time may include a craft

Passport Arlington



Win Prizes!

Get Out! Get Active! Get Stamped!

With Passport Arlington, you'll have a Naturally Fun time learning about Arlington's Parks and Recreation Department and Libraries!

Your City of Arlington passport rewards you for getting out and being active. Collect stamps as you visit the many parks and libraries, participate in events and learn more about your city. The passport includes discounts to park programs, events, golf, tennis and more.

So pick up a passport today and spend some quality time with family and friends touring this incredible place called Arlington, Texas. We know you will have a Naturally Fun time!

Passports - \$10 each
(available for purchase at Recreation Centers, Libraries and the Parks Administration Building).

For more information on Passport Arlington visit www.naturallyfun.org or call 817-459-5474.

Photo Contest

Naturally Fun PHOTOS

Contest

Bring your camera and creative skills to the nearest park or recreation facility for our Photography Contest beginning July 15, 2009. The contest, open to Arlington residents of all ages, encourages participants to get out and capture the "Naturally Fun" spirit of Arlington Parks and Recreation. Just follow the rules below and submit your photos to win great prizes.

All entries must be received by:

September 18, 2009 by 5pm

Winners will be announced:

October 16, 2009

Age Categories: Youth: Ages 17 and under • Adult: Ages 18 and up

Subject Categories: People • Events • Nature

Prizes: One Grand Prize winner will be selected.

1st, 2nd, and 3rd place prizes will be awarded in each category.

Winning photos will be displayed in public buildings and may be used in Parks and Recreation publications. The Grand Prize winner's photograph be featured on a future cover of the Naturally Funtimes magazine.

Grand Prize – \$125 gift certificate for Arlington Parks and Recreation; photo on cover of the Naturally Funtimes magazine. **1st Prize** – \$100 gift certificate for Arlington Parks and Recreation; photo displayed in public building. **2nd Prize** – \$75 gift certificate for Arlington Parks and Recreation; photo displayed in public building. **3rd Prize** – \$50 gift certificate for Arlington Parks and Recreation; photo displayed in public building.



For more information on the "Naturally Fun" Photography Contest, go to



www.NaturallyFun.org



Forestry



The forestry department is in the process of conducting a UFORE analysis. Some volunteers have stepped forward to assist in the study, but many more are needed. To find out how you can help, visit <http://www.arlingtontx.gov/park/forestry/>.

UFORE

Urban Forest Effects, refers to a computer model that calculates the structure, environmental effects and values of urban forests. Once the study is completed, it will show that environmental benefits associated with the urban forest, such as carbon removal and air quality improvement, have a value to society. Benefits include air quality improvement, fewer emissions, carbon removal and lower energy use and costs among other things.

To learn more about the UFORE model and what other cities are using it, visit www.UFORE.org.



The City of Arlington's Urban Forestry and Beautification program has accumulated over 700 trees in its inventory and continues to grow more on city owned property. The inventory is a great tool to help the forestry department become more efficient in their tree management.

Ecofest



Founders Plaza and Levitt Pavilion

2 – 11 pm

The goal of Ecofest is to build a sense of community, stimulate environmental awareness and promote stewardship.



The festival begins at 2 pm with a vendor fair featuring green products, practical do-it-yourself solutions for home improvement and maintenance.

From 2 – 7pm local talent will be performing on the Levitt Pavilion. And, classes will be held on Do-it-yourself Projects To Reduce Consumption Of Natural Resources, Environmental Issues Facing Residents Today, Composting and more. There will be fun, games and educational classes for the children to enjoy during this time as well.



At dusk the movie, Garbage! The Revolution Starts at Home, will be shown from the Levitt Pavilion. The documentary chronicles how the family household has become one of the most ferocious environmental predators of our time. It follows an average urban family and asks them to keep every scrap of garbage that they create for three months. You will go with them on a journey to find out where it all goes and what it's doing to the world. Everyday life under a microscope has never been so revealing.



Patrice Pike

The festival concludes with a 90 minute concert by Patrice Pike. The youngest person ever inducted in to the Texas Music Hall of Fame, Pike is a true warrior on earth who is a visionary, an activist, a true power packed into a feisty body full of talent, energy, and soul. She sings the world into her music and her lyrics tell us a story of courage and humanity.

Parks Spotlight



Veterans Park stands in remembrance of those citizens of Arlington who served our country through military service. The Great Southwest Rotary and the City of Arlington will present a Veterans Day ceremony on November 11, 2009. The program begins at 10:45 AM and includes a flag ceremony and recognition of Arlington's Medal of Honor winners as well as other events. The general public is invited to join in honoring our nation's veterans.

The Molly Hollar Wildscape was founded on half an acre in 1994 to promote ecosystem preservation and the benefits of native plants. Thirty thousand volunteer hours later, the wildscape has expanded to four-acres. Tucked away in one of the city's most popular parks, the wildscape serves as a living lab, the natural elements providing a backdrop for programs and tours.

Veterans Park is also home to the award-winning Xeriscape Demonstration Garden. Xeriscape gardening saves water through creative landscaping and the use of native plants.



Veterans Park is home to the city's only Frisbee/Disc Golf Course. It is also one of only two parks with a marked equestrian trail.



This 103 acre park, acquired in 1967 is the only park in the city to boast an interpretive trail that winds through different ecosystems. The half mile trail covers ten acres of wetland, prairie, dense woodlands and post-oak savannahs. The trail also goes through native plant communities, natural creek ecology, and various species of moss, fungi and lichens that are unique to Veteran's Park. It serves as a habitat for small animals, birds and some larger animal species such as raccoons, ringtails, red fox, gray fox and coyotes.

Lake Arlington Room Rental

Located at 6300 W. Arkansas Lane, the room may be rented for a full day on weekends or holidays. Full day or half day rentals are available on weekdays. During the summer, the room is only available on Saturdays and Sundays.

The room is located on the northeast shore of beautiful Lake Arlington. The room contains two large picture windows that face the lake. The room is 28 feet by 46 feet and comfortably holds approximately 70-80 people. For your convenience, we supply the room with 65 chairs and 15 three by six foot tables. Other features include a kitchen area, which contains refrigerator/freezer, two microwaves, sink, fireplace and two restrooms. Reservations can be made by calling 817-459-5474.

Lake Facilities

Lake Arlington has various facilities for your enjoyment. There are two parks located along Lake Arlington's eastern shore, Richard Simpson Park – 6300 W. Arkansas Lane to the north and Bowman Springs Park – 7003 Poly Webb Road to the south. Special attractions at these parks include: boat launches, picnic areas, BBQ grills and restrooms. Pavilions are available for rent at both parks. Richard Simpson Park also has the Lake Arlington Activity Room, which can be reserved for private functions. For more information call 817-459-5474.

Lake Arlington



Paddling Trail

Put-in and take-out areas are marked by signs. Launches are allowed only from these designated areas at Richard Simpson Park, Bowman Springs Park and Eugene McCray Park. A recreation permit is required for the paddling trail, which can be obtained in the Lake Office at Richard Simpson Park.



Fish varieties at Lake Arlington include Black Bass, Sand Bass, Hybrid Stripers, Catfish and Crappie. The state laws of Texas govern the taking of fish from Lake Arlington.



Lake Fees

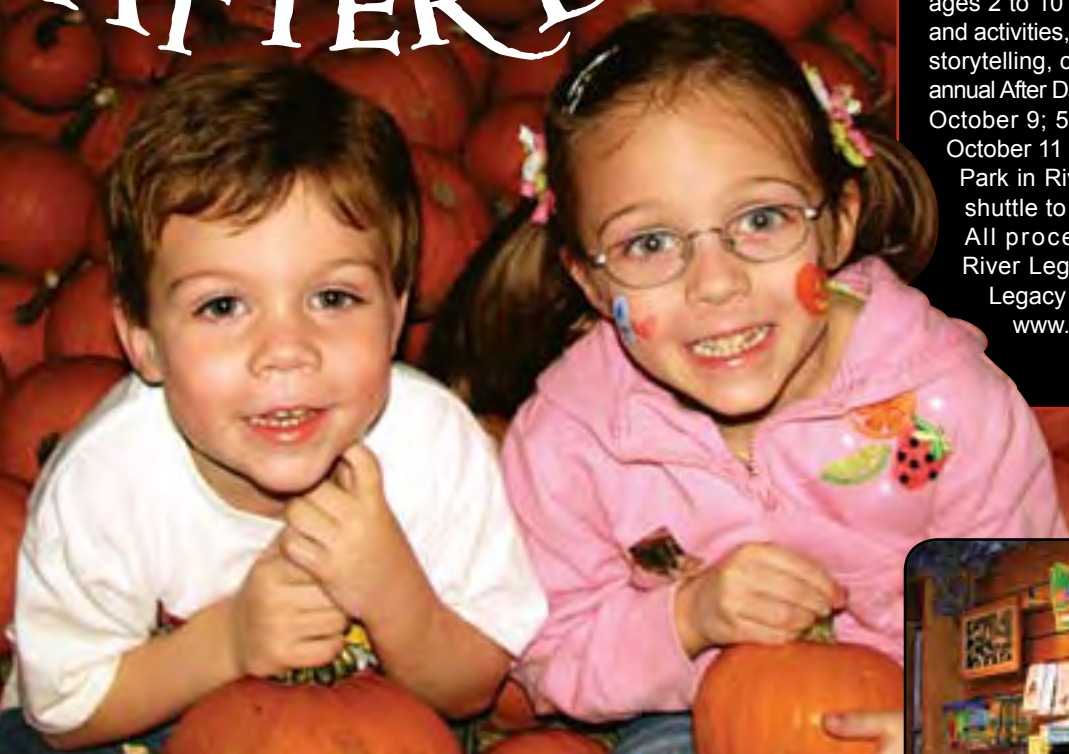
A recreation permit is required to place, operate or keep any boat or other craft on Lake Arlington, including rowboats, canoes, kayaks, motorboats, sailboats, barges, personal watercraft and sailboards.
Daily Fee \$5; Annual Fee \$25; Senior (60+) Annual Fee \$12
Lake Office phone number: 817-451-6860



River Legacy

AFTER DARK IN THE PARK

This family-friendly fall festival is geared for children ages 2 to 10 featuring a children's area with games and activities, karaoke, pumpkin patch, starlight stroll, storytelling, concessions and much more! The 13th annual After Dark in the Park is planned from 6 to 10 pm October 9; 5 to 10 pm October 10; and 5 to 9 pm October 11 at River Legacy Living Science Center. Park in River Legacy Parks and catch a hayride shuttle to event entrance. Admission is just \$6. All proceeds benefit River Legacy Parks, River Legacy Living Science Center and River Legacy Foundation. For more information, visit www.riverlegacy.org or call 817.861.2576.



River Legacy Nature School

Children ages 3 to 5 discover the wonders of the natural world during River Legacy Nature School. The preschool's inquiry-based curriculum encourages a hands-on, minds-on exploration of nature through indoor activities at the Living Science Center and outdoor explorations in the adjacent River Legacy Parks. Nature School is accredited by the National Association for the Education of Young Children (NAEYC). Classes meet once per week from 9 to 11:30 am September through May.

Registration for the 2009-2010 school year has already begun. For more information, call 817.860.2073 or visit www.riverlegacy.org



Acorns Gift Shop

Discover natural treasures and unique gift items this holiday season at Acorns Gift Shop located inside River Legacy Living Science Center, 703 NW Green Oaks Blvd. Choose from books, jewelry, home décor, bath products, birding products, and a unique selection of hands-on games and activities for children. Acorns is open from 9 am to 5 pm Tuesday through Saturday, and all proceeds benefit River Legacy Living Science Center's education programs.

The Park can be accessed by two entrances: 703 NW Green Oaks Boulevard or 3020 North Collins Street. River Legacy Living Science Center is located next to the park at 703 NW Green Oaks Boulevard. For more information, visit www.riverlegacy.org

Levitt Pavilion

Free music under the stars

The Levitt Pavilion provides 50 free outdoor concerts a year with professional musical artists from our own backyard and around the world. Each concert night explores a different musical genre: Children's shows on Saturday afternoons, culturally diverse World Music on Thursday, fiery Musica Latina on Friday, rich American music on Saturday and the relaxing Music Café for jazz, R&B, and gospel on Sunday. The Levitt Pavilion provides our community with a friendly gathering place that brings free music and the performing arts to everyone to enjoy under the stars.



2009 Fall Concert Schedule Sept. 24 - Oct. 25

World Music Thursday 7:30 PM	Musica Latina Friday 7:30 PM	Children's Saturday 2:00 PM	American Saturday 7:30 PM	Music Café Sunday 7:30 PM
Sept 24  Brave Combo Mosh-pit polka favorites	Sept 25  Alex Cuba Smooth, sultry sounds that sail across cultural borders	Sept 26  Eddie Coker Kid-friendly songs about life, happiness and purple ducks	Sept 26  Ray Wylie Hubbard Legendary Texas troubadour	Sept 27  Terrell Stafford and the UTA Jazz Orchestra One of the great trumpet players of our time
Oct 1  The American Bedouin Band An exciting acoustical blend of rich textures and exotic melodies	2  Tania Cordobes Eclectic Latin Americana from an accomplished artist	3  Farmer Jason Emmy-Winning kids' rock from down on the farm	3  Radney Foster Lyrical country music from a west Texas poet	4  Arlington Jones Trio A creative mix of jazz, funk, Latin and swing
8  djo-gbe, A Night in Africa Dancers and musicians create an unforgettable African village celebration	9  Salero! High-energy Salsa and Latin pop	10  Big Don Positive hip-hop for the kid in all of us	10  Jason D. Williams Enthusiastic, reckless rock 'n' roll in its natural state	11  The Joe Jonas Band Texas blues at its best
15  Hudost Experimental world rock, rich and exotic	16  Havana NRG A new breed of colorful Latin music	17  Mr. Willy Songs and stories from Barney & Friends songwriter, Mr. Willy	17  Blame Sally Powerhouse all-female rock poised for national attention	18  TBA Stay Tuned!
22  The Killdares The perfect blend of rock, pop and Celtic	23  Del Castillo Intoxicating Latin romance with rock 'n' roll grit	24  David Chicken Part superhero, part Elvis, 100 percent fun!	24  Odis Hot Indie rock from one of the Metroplex's most promising bands	25  TBA Stay Tuned!



Free admission. Open lawn seating on lawn chairs or blankets. Picnics and coolers welcome; no glass.

All fall concerts start at 7:30 p.m. except for Children's concerts, which begin at 2 p.m on Saturday.

The Levitt Pavilion is located at 100 W. Abram St. in Founders Plaza at the corner of Abram and Center streets, directly across from City Hall.

For more information, please call the 24-hour information line at 817.543.4301 or 817.543.4307. Visit the Web site for a complete 2009 Fall Concert Series calendar and information about the Levitt Pavilion, including what to bring, directions to the pavilion and a parking map. www.levittpavilionarlington.org.

Park Partners

Adopt-A-Park

The Adopt-A-Park program is an ongoing partnership between groups or individuals and the Parks and Recreation Department that focuses on a specific park. This program is ideal for neighborhood associations, businesses, community groups and individuals who have an interest in assisting with the ongoing maintenance and beautification of a specific park.

Commitment: Four hours a day at least one day per month working in adopted park.

Urban Forestry

Trees are vital to the livability and health of our community. The Parks and Recreation Department will use donations to this fund to plant trees that enhance our city's urban forest. By supporting this fund you will be planting roots for the future of our parks and street medians.

For more information, email
leaf@arlingtontx.gov.

ACE Project

Ideal for school groups, scout troops, service groups, community service projects and individuals, the Action to Conserve the Environment, ACE, program is a one-time, one-day or one-weekend project. Possible projects include painting, mulching, weeding, trash removal, tree plantings and more.



Contact Information

Jennifer Chadwell
Park Partners Program Coordinator
817-459-5477
Parks and Recreation Administrative Office,
717 W. Main, Arlington, 76013
Jennifer.Chadwell@arlingtontx.gov

ASAP for Kids

The "ASAP for Kids" (After-School Athletics Programming for Kids) is aimed at providing financially disadvantaged youth with scholarships to participate in organized sports and instruction. Organized sports can help young people reach their full potential through learning, physical fitness, self esteem and discipline outside the classroom. Call 817-459-5482 for more information.



Park Partners



CHICK-FIL-A
AT NORTH COLLINS

Brick Memorial

The Brick Memorial program is based on the idea of using engraved brick pavers to honor others that will be a permanent fixture in the community. Brick Memorials are available at Tails 'N Trails (R.U.F.F.), Heroes' Park, Meadowbrook Sculpture Garden and Veteran's Park.



Living Tree Memorial

The Living Tree Memorial program is based on the idea of planting trees to commemorate loved ones that will enhance the beauty of our community parks for years to come.

Honor Family Members and Friends by Donating a Park Bench, Tree or Brick!

Looking for a unique way to honor someone? Why not donate a park bench, tree or brick to pay tribute to your family members and friends! Our Memorial Bench, Living Tree Memorial and Brick Memorial programs are the perfect way to honor loved ones and commemorate special occasions.

Jan Sandy Swanson
1948 - 2006
Devoted Wife, Friend
and Doctor

Memorial Bench

The Memorial Bench program is based on the idea of allowing our community to pay tribute through the dedication of a bench that will bring pleasure to visitors throughout its lifetime.

For more information on donating park benches, trees or bricks, call 817-459-5474.



Rent Your Event



Looking for the perfect place to have your next gathering?

Then check out all the facilities that Arlington Parks and Recreation has to offer!

We rent recreation centers, meeting rooms, gymnasiums, senior centers, park pavilions, tennis courts, swimming pools, banquet rooms, golf courses, softball fields, a skating arena, rock climbing wall, lake room and many other facilities!



Park Pavilion Rentals

The City of Arlington Parks and Recreation Department has picnic pavilions available for reservations in many parks. Rental prices will vary depending on the size and location of the pavilion as well as the size of your group. Reservations may be made a minimum of one week in advance or up to one year prior to the date of the event. For information or to reserve a park pavilion, please call 817-459-5473.



Please visit

www.NaturallyFun.org

for indoor pool rental information and fees.

Lake Arlington

Planning an event? The Lake Arlington Activity Room is the perfect place for many events such as wedding receptions, reunions, parties, meetings and more! The climate controlled room comfortably holds up to 75 people and includes tables, chairs, restrooms and a kitchen.

Full Day (9am-11pm) \$200

Half Day (9am-4pm or 4-11pm) \$125

Deposit - \$100 (the deposit is refundable if the room is left clean and undamaged)

For information on renting the Lake Arlington Activity Room, call 817-459-5474.

Looking for some help planning your next birthday party?

Then check out the Birthday Party Services that Arlington Parks and Recreation offers! We do all the work while you have all the fun.

Choose from over ten regular themes like All Star Sports and Fairy Princess or go for extreme themes like Dance Dance Revolution and Dodgeball. All parties include invitations, cake, party favors, party hostess, food, drinks, setup and cleanup. Regular Themes start at \$125 and Extreme Themes start at \$140.

For more information on rental locations and birthday party services, call 817-459-5474 or visit www.naturallyfun.org.





**Holiday Events
Special Occasions
Weddings and Receptions
Quinceaneras**

**Accommodates up to 250 guests
Outside food & beverage allowed
Catering list available
Event planning staff
Complimentary parking
Wedding Packages
and much more!**

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Open Sunday - Thursday 7am-9pm

Friday/Saturday 7am-10pm

Serving breakfast, lunch and dinner. Sunday Brunch served 10 am - 2 pm.



Mail Stop 05-0100
Arlington Parks and Recreation
P.O. Box 90231
Arlington, TX 76004-3231



Don't miss out on our fall adult softball leagues!

Registration runs
August 3-30, 2009

- Season begins September 8
 - Leagues offered seven days a week
 - Divisions including Men's, Women's and CoEd
 - ASA and USSSA leagues available
 - Game Locations:
 - North Arlington
 - Randol Mill Park
 - South Arlington
 - Harold Patterson Sports Center
- Call (817) 459-5463

